



**2001 BEHAVIORAL RISK FACTORS
OF ARIZONA ADULTS**

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EXECUTIVE SUMMARY

This report examines specific behavioral risk factors and chronic diseases in the State of Arizona as of the year 2001. The Annual Survey Results portion of this report contains information on high-risk behaviors and chronic diseases that are surveyed each year. The Module Survey Results portion contains information on high-risk behaviors and chronic diseases that may or may not be surveyed each year. The State-Added Questions Survey Results portion contains information on high-risk behaviors whose addition was suggested by the Arizona Department of Health Services and that may or may not be surveyed each year. The Behavioral Risk Factor Survey (BRFS) program is a rich source of state-level public health data; these data have become integral to health promotion, disease prevention, and intervention planning throughout Arizona.

Highlights of the 2001 Behavioral Risk Factors Survey:

- 16.9% of all respondents reported that they did not have health coverage.
- Almost 40% of Arizonans with less than a high school education reported that they did not have health coverage.
- 6.1% of respondents reported that a doctor told them they had diabetes.
- 21.5% of respondents were current smokers.
- 18.5% of respondents had a body mass index that classified them as obese.
- 57.8% of male respondents 40 years of age or older reported having a PSA blood test.
- 23.7% of respondents reported they were told by a doctor they have arthritis.
- 22.5% of female respondents 40 years of age or older with a household income <\$15,000 have not had a routine mammogram.
- 23.4% of female respondents 18-24 years of age, who were eligible for a pap smear have never had one.
- 59.0% of the adult population in Arizona with less than a high school education reported not having a dental visit in the past year.
- 75.6% of all respondents reported consuming fewer than five servings of fruits and vegetables each day.
- 82.7% of respondents with less than a high school education reported that they did not know that folic acid prevents birth defects.
- Almost 26% of respondents in the 45-54 year age group reported experiencing “a lot” of stress in the past year.

RISK FACTORS/CHRONIC DISEASE TERM USAGE

Arthritis	Respondents who reported a doctor told them they had arthritis.
Current Smoking	Respondents who reported smoking 100 cigarettes during their lifetime and who smoke now (regularly or irregularly).
Dental Visit	Respondents who reported they had not had a dental visit in the past year.
Diabetes	Respondents who reported a doctor told them they had diabetes.
Five A Day	Respondents who reported they had not heard of the program “Five A Day for Better Health.”
Folic Acid	Respondents 18-44 years of age who reported a reason other than preventing birth defects as the reason experts recommend that women take folic acid.
Fruits/Vegetables	Respondents who reported that they consumed fewer than five servings of fruits and vegetables daily.
Health Care Plan	Respondents who reported that they did not have health care coverage.
HIV/AIDS Testing	Respondents 18-64 years of age who reported that they have not been tested for HIV.
Limited Activities	Respondents who reported they were limited in any activities due to any impairment or health problems.
Mammography	Female respondents 40 years of age and older who reported that they had never had a mammogram.
No Leisure-Time Activity	Respondents who reported that they did not participate in physical activity in the past month outside of normal work-related activities.
Overweight	The CDC defines overweight as a Body Mass Index (BMI) 25.0 to 29.9, and obesity as a BMI ≥ 30.0 . BMI is weight in kilograms divided by height in meters squared (W/H^2).
PSA Blood Test	Male respondents aged 50 years and older who reported that they had not had a PSA blood test.
Respondent	Arizona residents 18 years of age or older. In some cases various subset(s) of this group may be used.

INTRODUCTION

In 2001, 40,851 residents of Arizona died. The table below lists the top 10 causes of death of Arizona residents in 2001.¹

Seven of ten deaths in the U.S. are due to chronic diseases. Preventable risk factors are often the underlying causes of these deaths. A few changeable risk behaviors, alone or in combination, bring excessive suffering and premature death to millions. Three such behaviors—tobacco use, poor nutrition, and lack of physical activity—are major contributors to this country's leading killers, cardiovascular disease and cancer. These behaviors also exacerbate the devastating complications of diabetes and increase the risk for other serious chronic illnesses such as chronic lung disease, arthritis, and osteoporosis.²

Since 1982, through a cooperative agreement with the Centers for Disease Control and Prevention (CDC), the Arizona Department of Health Services (ADHS) has implemented the Behavioral Risk Factor Survey (BRFS) as a method of collecting annual data on health risk behaviors of non-institutionalized residents 18 years of age and older. The purpose of the BRFS is to provide data that can be used to plan, implement, and monitor health promotion and disease prevention efforts in Arizona.

2001 ARIZONA LEADING CAUSES OF DEATH

RANK	CAUSE OF DEATH	NUMBER OF DEATHS	AGE ADJUSTED MORTALITY RATE	PERCENTAGE OF TOTAL DEATHS
1	Heart Disease	10,312	201.7	25.2
2	Malignant Neoplasms - Cancer	8,914	169.2	21.8
3	Chronic Lower Respiratory Disease	2,463	46.9	6.0
4	Unintentional Injury	2,430	46.6	5.9
5	Cerebrovascular Disease	2,416	47.7	5.9
6	Alzheimer's Disease	1,103	22.5	2.7
7	Influenza and Pneumonia	1,100	21.9	2.7
8	Diabetes Mellitus	1,040	19.9	2.5
9	Chronic Liver Disease & Cirrhosis	635	12.3	1.6
10	Nephritis, Nephrotic Syndrome, & Nephrosis	622	12.0	1.5

* All death rates are age-adjusted to the 2000 U.S. population. ** Only available data for the United States.

References

1. Mrela, CK, Arizona health status and vital statistics, 2002. Bureau of Public Health Statistics, Arizona Department of Health Services.
2. CDC. Unrealized Prevention Opportunities: Reducing The Health And Economic Burden Of Chronic Disease, November 2000.

METHODOLOGY

A. SAMPLING DESIGN

The Arizona BRFs is a random sample telephone survey. Using disproportionate stratified sampling, random digit dialing, and a Computer Assisted Telephone Interviewing (CATI) system. The survey has the potential to represent 96.3% of all households in Arizona (i.e., those who have telephones according to Arizona Department of Economic Security data for the year 2000, the latest year available). A sample size of 3,200 interviews over a 12-month period was selected to achieve an acceptable 95% confidence interval of $\pm 3\%$ on risk factor prevalence estimates of the adult population. This means that the estimated prevalence of a given risk factor can be reliably projected across the total population of Arizona residents. Prevalence estimates of individual demographic variables, especially those that yield smaller sample sizes, do not achieve the same level of accuracy as the total sample.

A demographic profile of the Arizona population is reported in Appendix I: 2001 Arizona Demographic Profile.

B. QUESTIONNAIRE

The questionnaire, designed through cooperative agreements with the CDC, was divided into four sections. The first section contained questions on health risk behavior; the second section contained demographic information; the third section contained optional modules, and the fourth section contained State-added questions. The optional modules selected for the 2001 Arizona BRFs include sections on diabetes, quality of life and care giving, women's health, oral health, fruits and vegetables, folic acid, tobacco indicators, and other tobacco products. State-added questions included series on influenza, mental health, osteoporosis, antibiotic resistance, and hepatitis C risk.

A list of the survey's core and optional module sections is included in Appendix II: Arizona BRFs Questions Listing.

C. CATI IMPLEMENTATION OF BRFs PROTOCOL

Since August 2000 a private survey research corporation contracted by ADHS contacted residences from 9 a.m.– 9 p.m. weekdays, from 11 a.m.–7 p.m. Saturdays, and from 11 a.m.–7 p.m. Sundays. All telephone numbers released in each month's sample received at least 15 attempts over a minimum 14 day period, including at least three attempts during weekends, three attempts during weekday evenings; and three attempts during the daytime weekday. Furthermore, selected respondents who were not able to complete the interview at the time of selection received a minimum of 10 callbacks during the interviewing period.

After a residence had been contacted, one adult (18 years of age or older) was randomly selected from all adults residing in the household to be interviewed.

D. DATA ANALYSIS

The data collected by the ADHS Office of Chronic Disease Epidemiology were compiled and weighted by the CDC. Weighted counts were based on the 2001 Arizona population to accurately reflect the population demographics. The weighting factor considered the number of adults and telephone lines in the household, cluster size, stratum size, and age/race/sex distribution of the general population. The weighting formula is described in Appendix IV: BRFs Weighting Formula.

All analyses presented are based on cell size counts of at least eight cases. The demographic information that was collected and presented in these results includes sex, age, education, household income, race, and ethnicity. Comparisons between responses within demographic categories were analyzed for statistical significance at the $\alpha = .05$ level. Throughout the report, statistical difference is noted when analysis provides 95% confidence that the categories described are different.

Analysis for the table “2001 Behavioral Risk Factor Survey: Risk Factor Prevalence, Percentage Within Demographic Groups” was conducted by the CDC. This table presents the percentage prevalence of high-risk behavior within each demographic group for each of the 15 risk factors and two chronic diseases. The analysis of high-risk groups for the results of each section was conducted by the ADHS Office of Epidemiology and Statistics. These tables present the demographic information for persons reporting a high-risk behavior or chronic disease.

**I. SURVEY RESULTS:
ANALYSIS OF HIGH-RISK GROUPS**

A. HEALTH CARE COVERAGE

In the health care marketplace, consumers have experienced an increase in health care coverage costs. At the same time, many Americans who have coverage do not have a basic understanding concerning the basic elements of health plans. In addition, many consumers are demanding more information about physician's availability in various plans and the covered services.

According to the 2001 Arizona BRFs, 16.9%* of all respondents reported they did not currently have health care coverage (Figure I-A-1). This represents a slight decrease from the percentage of Arizonans reporting lack of health care coverage in 2000. Improving access to health care is an objective of *Healthy People 2010*, an initiative which sets a goal of increasing the proportion of adults with health insurance to 100%.¹

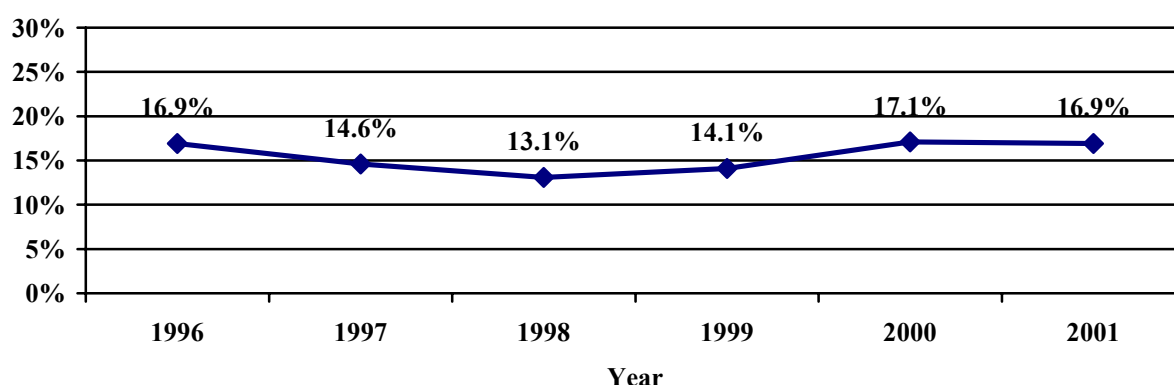


Figure I-A-1. Percentage of BRFs respondents who reported they did not have health coverage in 1996-2001.

While similar percentages of males (17.1%) and females (16.7%) lacked health care coverage, differences in coverage were evident among age, education, income, and race categories (Table I-A-1). Younger respondents, particularly those aged 18-24 (33.4%) and 25-34 (25.8%), were less likely to have coverage than older respondents. As age increased the percentage of respondents without health care coverage decreased.

In addition, Arizonans with less education and lower incomes were more likely to lack health care coverage. Respondents with less than a high school education (39.4%) were significantly less likely to have coverage than those with some college or technical training (14.6%) and college graduates (5.4%). High school graduates (21.4%) were also significantly less likely to have health care coverage than college graduates.

* 95% Confidence Interval: 15.0%-18.9%.

Also, as with age and education, as income increased the percentage of respondents reporting they did not have health care coverage decreased. Respondents earning less than \$15,000 were the least likely to have health care coverage (37.8%) followed by those earning from \$15,000-\$24,999 (35.6%). Significant differences also appeared between race and ethnic groups. While a little less than one-third (31.2%) of Non-Whites lacked health care coverage, only 11.2% of White respondents lacked coverage. Similarly, 36.8% of Hispanics were not covered by health care insurance while only 12.5% of Non-Hispanics lacked coverage.

Reference

1. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

2001 Arizona BRFs Prevalence Of Persons With No Health Care Coverage		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	17.1	230
Female	16.7	335
<u>Age</u>		
18-24	33.4	99
25-34	25.8	152
35-44	19.3	121
45-54	14.4	93
55-64	9.3	76
65+	1.4	15
<u>Education</u>		
Less than High School	39.4	129
High School Graduate/GED	21.4	189
Some College/Tech School	14.6	174
College Grad	5.4	71
<u>Income</u>		
<\$15,000	37.8	90
\$15,000-\$24,999	35.6	208
\$25,000-\$34,999	20.4	86
\$35,000-\$49,999	9.8	56
\$50,000-\$74,999	4.1	24
≥\$75,000	6.8	23
<u>Race</u>		
White	11.2	287
Non-White	31.2	272
<u>Ethnicity</u>		
Hispanic	36.8	182
Non-Hispanic	12.5	381

Table I-A-1. 2001 BRFs results: Prevalence of persons with no health care coverage.

B. LEISURE-TIME ACTIVITY

Physical activity and exercise are critical elements in the promotion of health. Age-appropriate exercise habits reduce the risk of hypertension, diabetes mellitus, colon cancer, osteoporosis, and immune system dysfunction.^{1,2} Regular exercise also can contribute to the functional independence of the elderly and improves the quality of life for people of all ages.³

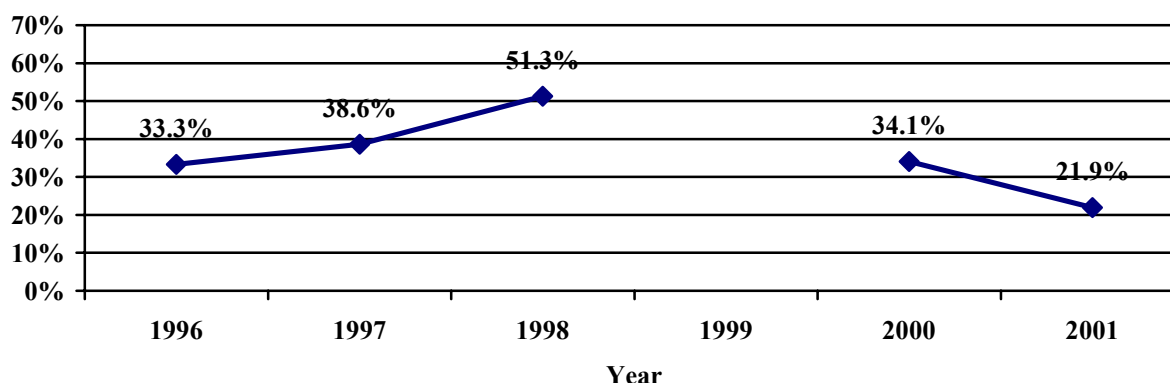


Figure I-B-1. Percentage of BRFs respondents who reported no leisure-time physical activity in 1996-2001. *Healthy People 2010 Objective 22.1 is less than 20%.*

Analysis of the 2001 Arizona BRFs data indicated that 21.9%* of all respondents reported no leisure-time physical activity within the past 30 days (Figure I-B-1). This percentage is a significant decrease from 34.1% in 2000, however it still fell short of the *Healthy People 2010* Objective of less than 20.0%.⁴

Males were less likely than females to report no physical activity (17.6% and 26.0% respectively). Arizonans 65+ years were most likely to report no leisure-time activity (27.3%) and the next largest category were respondents 35-44 years (23.0%). The more significant differences between each subset within the various demographic groups occurred in education and income (Table I-B-1). Respondents with less than a high school education were almost four times more likely to report no leisure-time physical activity than college graduates (45.1% vs. 11.1%). High school graduates were more likely to be inactive during leisure time (25.7%) compared to those with some college (19.5%). There was an inverse relationship between income levels and respondents reporting they did not have leisure-time physical activity, i.e., as income increased the percentage of those stating they did not have leisure-time activity decreased. Arizonans with incomes less than \$15,000 were the most likely to report no leisure-time activity (41.1%). The next highest group were those making \$15,000-\$24,999 (31.3%), followed by those making \$25,000-\$34,999 (23.4%). Non-White Arizonans were more likely to be inactive during leisure time (27.7%), compared to White respondents (19.8%). Regarding ethnicity, Hispanics were higher (29.8%) than Non-Hispanics (20.2%).

* 95% Confidence Interval: 19.9%-24.1%.

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4. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

2001 Arizona BRFs Prevalence Of Persons With No Leisure-Time Activity		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	17.6	236
Female	26.0	494
<u>Age</u>		
18-24	16.8	55
25-34	18.2	102
35-44	23.0	118
45-54	22.8	128
55-64	22.2	124
65+	27.3	189
<u>Education</u>		
Less than High School	45.1	169
High School Graduate/GED	25.7	244
Some College/Tech School	19.5	212
College Grad	11.1	104
<u>Income</u>		
<\$15,000	41.1	109
\$15,000-\$24,999	31.3	185
\$25,000-\$34,999	23.4	107
\$35,000-\$49,999	17.1	85
\$50,000-\$74,999	13.8	57
≥\$75,000	11.5	43
<u>Race</u>		
White	19.8	479
Non-White	27.7	240
<u>Ethnicity</u>		
Hispanic	29.8	174
Non-Hispanic	20.2	548

Table I-B-1. 2001 BRFs results: Prevalence of persons who reported that they did not participate in physical activity during the past 30 days.

C. DIABETES

“Diabetes is associated with long-term complications that affect almost every major part of the body. The disease often leads to blindness, heart and blood vessel disease, strokes, kidney failure, amputations, and nerve damage. Uncontrolled diabetes can complicate pregnancy, and birth defects are more common in babies born to women with diabetes.”¹

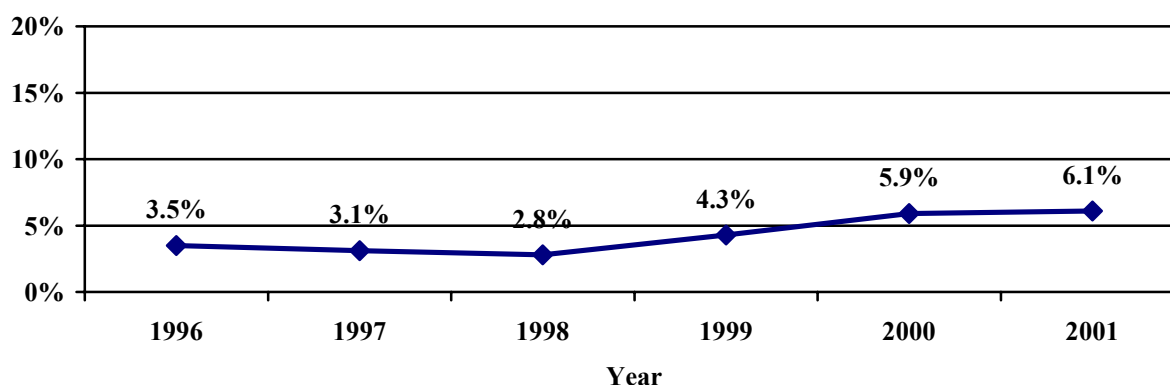


Figure I-C-1. Percentage of BRFs respondents who reported that they were told they had diabetes in 1996-2001. Healthy People 2010 Objective No. 5.3 is 4.0%.

According to the 2001 BRFs, 6.1%* of all respondents reported being told by a doctor they had diabetes. This percentage, shown in Figure I-C-1, represents an increase over 2000, and is more than twice the percentage reporting being told they had diabetes in 1998. The figure exceeds the *Healthy People 2010* objective for diabetes incidence of 4.0%².

Males were almost fifty percent more likely (7.3%) than females (4.9%) to be told they have diabetes. There is a direct relationship between age and the percentage of respondents being told they have diabetes: as age increases so does the percentage of respondents who report being told they have diabetes. The age group 65+ were most likely to be told they have diabetes (13.6%), followed by the 55-64 age group (10.0%). Regarding education, respondents with less than a high school diploma were most likely to be told they have diabetes (10.4%); the next highest group were respondents with some college or technical school (6.3%). Respondents earning less than \$15,000 had the highest percentage saying they were told they have diabetes (10.0%), followed by respondents earning \$15,000-\$24,999 (8.4%). Non-white respondents were more than 60 percent more likely to be told they have diabetes than White respondents (8.3% and 5.1% respectively). Hispanics were almost 40 percent more likely than Non-Hispanic respondents to be told they have diabetes (7.8% and 5.7% respectively).

* 95% Confidence Interval: 5.1%-7.2%.

As part of an optional module of the 2001 Arizona BRFs, diabetics were asked an additional series of questions pertaining to the control of their condition. Of those responding, 22.7% reported that they take insulin. When asked how often they checked their blood sugar level, 84.9% of the diabetics who took insulin stated “one or more times per day.”

Finally, the survey measured use of dilated eye exams among respondents with diabetes. *Healthy People 2010* Objective 5.13 set a goal of increasing to 75% the number of diabetics receiving an annual dilated eye examination². Of the diabetic respondents, 69.5% reported having an dilated eye exam in the past year.

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1. Diabetes Overview. National Diabetes Information Clearinghouse. Retrieved from World Wide Web July 24, 2001: <http://www.nih.gov/health/diabetes/pubs/dmover/dmover.htm>.
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2001 Arizona BRFs Prevalence Of Persons Told They Have Diabetes		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	7.3	110
Female	4.9	128
<u>Age</u>		
18-24	*	4
25-34	1.7	13
35-44	3.3	15
45-54	7.8	53
55-64	10.0	56
65+	13.6	96
<u>Education</u>		
Less than High School	10.4	55
High School Graduate/GED	6.0	60
Some College/Tech School	6.3	79
College Grad	4.0	43
<u>Income</u>		
<\$15,000	10.0	43
\$15,000-\$24,999	8.4	56
\$25,000-\$34,999	5.1	30
\$35,000-\$49,999	6.1	33
\$50,000-\$74,999	5.7	21
≥\$75,000	4.4	23
<u>Race</u>		
White	5.1	148
Non-White	8.3	86
<u>Ethnicity</u>		
Hispanic	7.7	58
Non-Hispanic	5.7	179

Table I-C-1. 2001 BRFs results: Prevalence of persons told they had diabetes. * = Cell size too small.

D. CIGARETTE SMOKING

Tobacco use is responsible for one out of every five deaths in the United States.¹ Cigarette smoking is a major contributor to diseases such as lung cancer, oral cancer, and heart disease. Smoking is also found to be associated with depression, anxiety disorders, colon cancer, and in children of smokers, sudden infant death syndrome (SIDS).²⁻⁴ Clearly, smoking is an important public health issue. *Healthy People 2010* set a target of no more than 12% current smokers 18 years of age or older.⁵ According to the 2001 Arizona BRFs, 21.5%* of respondents identified themselves as current smokers. This percentage ends a general downward trend from a high of 23.7% in 1996 to a low of 18.5 in 2000 (Figure I-D-1). For the coming decade, *Healthy Arizona 2010* has identified tobacco use as one of its 12 focus areas, and has set a target of reducing adult smokers to 14% of the state population. Continued efforts to prevent initial smoking behavior in adolescents, as well as efforts to promote smoking cessation in current smokers using techniques that have documented effectiveness, may decrease the rate of Arizona smokers to meet the *Healthy Arizona 2010* target.

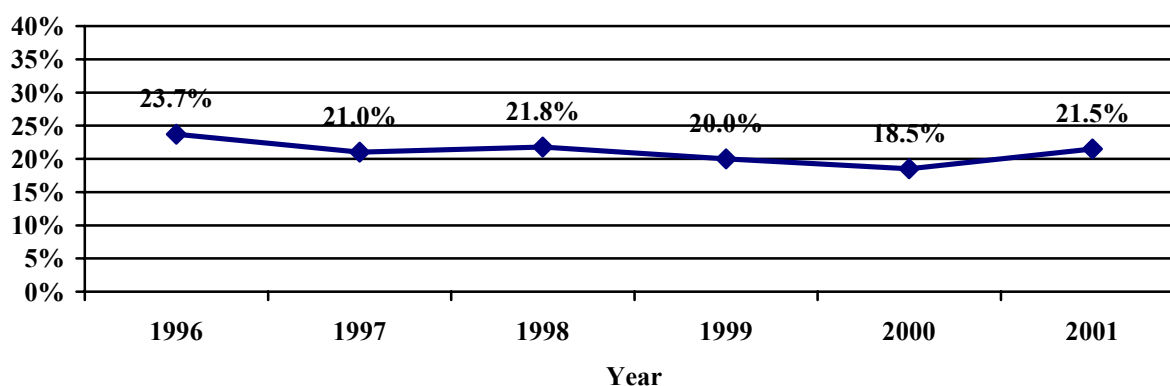


Figure I-D-1. Percentage of BRFs respondents who reported that they were current smokers in 1996-2001. *Healthy People 2010* Objective 27.1a is 12.0%.

Percentage of male respondents who were smokers surpassed female respondents reporting they were smokers (23.1% and 20.1%, respectively). Regarding age, the 18-24 year group were more likely to smoke (28.2%) and the next highest group was the 35-44 year group (26.6%). Respondents who were high school graduates were more likely to be current smokers (27.2%) followed by respondents with less than a high school education (24.2%). Over 29% of those with incomes of \$25,000-\$34,999 smoked, and the next highest group had incomes of \$15,000-\$24,999 (28.3%). White Arizonans were about 50 percent more likely to be current smokers (23.9%) than Non-White respondents (15.9%). Regarding ethnicity Non-Hispanic respondents were over 60 percent more likely to be smokers (23.3%) than Hispanic Arizonans (14.5%).

* 95% Confidence Interval: 19.6%-23.7%.

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2001 Arizona BRFS Prevalence Of Current Smokers		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	23.1	308
Female	20.1	399
<u>Age</u>		
18-24	28.2	103
25-34	23.4	128
35-44	26.6	155
45-54	21.2	132
55-64	22.6	111
65+	8.7	67
<u>Education</u>		
Less than High School	24.2	97
High School Graduate/GED	27.2	240
Some College/Tech School	23.8	252
College Grad	12.5	116
<u>Income</u>		
<\$15,000	23.3	76
\$15,000-\$24,999	28.3	171
\$25,000-\$34,999	29.6	127
\$35,000-\$49,999	21.6	110
\$50,000-\$74,999	20.3	75
≥\$75,000	10.9	51
<u>Race</u>		
White	23.9	544
Non-White	15.9	149
<u>Ethnicity</u>		
Hispanic	14.5	87
Non-Hispanic	23.3	614

Table I-D-1. 2001 BRFS results: Prevalence of persons who reported that they are current smokers and have smoked at least 100 cigarettes in their life.

E. OVERWEIGHT (BMI)

During the past ten years, increases in the prevalence of obesity have been documented. In the United States more than one-half of adults are overweight and nearly one-quarter are obese.¹ The body mass index (BMI) is a relationship between weight and height and is used to determine obesity and assess health risk. BMI is calculated using the following formula:

$$(\text{pounds} * 0.454) \div (\text{inches} * 0.0254)^2 \text{ or } (\text{Kg}/\text{M}^2).$$

According to the 2001 Arizona BRFs, 18.5% of respondents exceeded the BMI standard for obesity, defined as a BMI ≥ 30.0 (Figure I-E1). However, the 2001 results showed that 56.0% of Arizonans were either overweight or obese (BMI ≥ 25). *Healthy People 2010* Objective 19.2 set a goal of reducing obese BMIs to a prevalence of $<15\%$ among adults 20 years of age or older (defined as a BMI ≥ 30).²

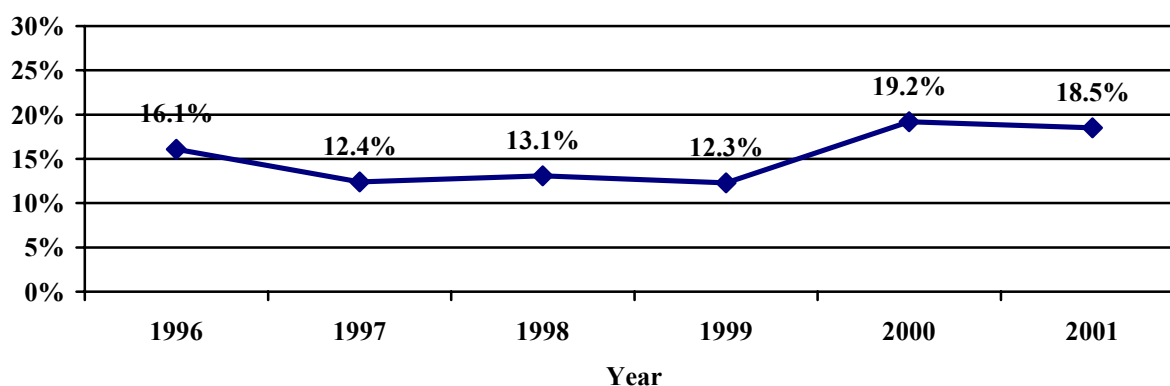


Figure I-E-1. 1996-2001 percent of BRFs respondents who reported weights exceeding BMI limits. *Healthy People 2010* Objective 19.2 was 15.0%.

Men were more likely to be obese (19.6%) than women (17.2%) (Table I-E-1). Respondents in the 55-64 age group were the most likely to be obese (27.0%) while the 18-24 age group were significantly less likely to be obese (6.1%). Arizonans with a college education were the least likely to be obese (15.7%) and the highest group were respondents with less than a high school education (22.6%). Regarding income the highest group respondents with incomes greater than \$75,000 were lowest (16.6%) with the highest occurring among Arizonans with incomes less than \$15,000 (30.4%). Non-Whites were more likely to be obese (22.6%) than Whites (17.0%). With respect to ethnicity, Hispanics were more apt to be obese (22.1%) while Non-Hispanics were least likely (17.7%). As with promoting increased number of servings of fruits and vegetables, it will be important to focus efforts to reduce overweight and obesity on all segments of the Arizona population. Such efforts are particularly needed, given that obesity substantially raises the risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and endometrial, breast, prostate and colon cancers.³

References

1. Statistics Related to Overweight and Obesity. National Institute of Diabetes and Digestive and Kidney Diseases: Weight Control Information Network. Retrieved from the World Wide Web July 24, 2001. <http://www.niddk.nih.gov/health/nutrit/pubs/ststobes.htm>.
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
3. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. National Institutes of Health, National Heart, Lung, and Blood Institute. Preprint June 1998.

2001 Arizona BRFSS Prevalence Of Overweight Or Obese Persons		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	19.6	261
Female	17.2	319
<u>Age</u>		
18-24	6.1	24
25-34	18.6	103
35-44	19.1	107
45-54	25.4	123
55-64	27.0	111
65+	15.0	106
<u>Education</u>		
Less than High School	22.6	80
High School Graduate/GED	18.6	171
Some College/Tech School	19.5	189
College Grad	15.7	138
<u>Income</u>		
<\$15,000	30.4	77
\$15,000-\$24,999	18.7	121
\$25,000-\$34,999	17.4	80
\$35,000-\$49,999	21.7	97
\$50,000-\$74,999	21.9	75
≥\$75,000	16.6	68
<u>Race</u>		
White	17.0	372
Non-White	22.6	202
<u>Ethnicity</u>		
Hispanic	22.1	120
Non-Hispanic	17.7	455

Table I-E-1. 2001 BRFSS results: Prevalence of persons classified as obese, defined as BMI ≥30.0.

F. PROSTATE CANCER SCREENING

Recent studies have demonstrated that the use of a prostate specific antigen (PSA) and transrectal ultrasound (TRUS) along with the digital rectal examination (DRE) may help in the early detection of prostate cancer.

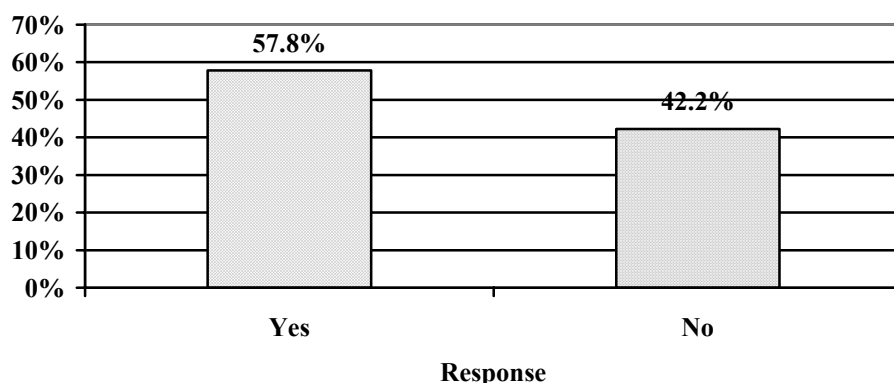


Figure I-F-1. Responses to the 2001 Arizona BRFSS question: Have you ever had a PSA blood test?

Male respondents who were at least 40 years of age were surveyed on whether they had a Prostate Specific Antigen (PSA) blood test. Nearly 60 percent* responded that they had a PSA blood test (Figure I-F-1).

Men in the older age groups were more likely to have had the PSA test (46.6% of men 45-54 years, 43.2% of men 55-64 years, and 87.6% of men 65 years or older). Generally, as education levels increased so did the percentage of men getting the PSA test, college graduates were highest (67.2%) followed by those with some college or technical school (61.2%). Mid-level income levels were more likely to have had the test; highest was income levels of \$35,000-\$49,999 (63.8%) and the next highest group reporting incomes of \$25,000-\$34,999 (62.9%). Test taking differed significantly by race White respondents were more than 30 percent more likely to have the test than Non-Whites (61.3% and 46.8% respectively). Non-Hispanics were almost 30 percent more likely to have the test (59.9%) than Hispanics (46.3%).

* 95% Confidence Interval: 52.7%-62.8%.

2001 Arizona BRFs Prevalence Of Men Who Have Had A PSA Test		
GROUPS	WEIGHTED PERCENTAGE	UNWEIGHTED N
<u>Sex</u>		
Male	57.8	479
Female	N/A	N/A
<u>Age</u>		
35-44*	20.2	26
45-54	46.6	99
55-64	43.2	131
65+	87.6	223
<u>Education</u>		
Less than High School	45.9	48
High School Graduate or GED	44.2	91
Some College or Tech School	61.2	142
College Grad	67.2	196
<u>Income</u>		
<\$15,000	46.8	34
\$15,000-\$24,999	51.3	69
\$25,000-\$34,999	62.9	68
\$35,000-\$49,999	63.8	91
\$50,000-\$74,999	57.4	67
≥\$75,000	58.5	94
<u>Race</u>		
White	61.3	394
Non-White	46.8	73
<u>Ethnicity</u>		
Hispanic	46.3	47
Non-Hispanic	59.9	427

Table I-F-1. 2001 BRFs survey results: Prevalence of men over age 40* who have had a PSA blood test. N/A=Not applicable.

II. MODULE SURVEY RESULTS: ANALYSIS OF HIGH-RISK GROUPS

A. ARTHRITIS AND QUALITY OF LIFE

The leading causes of disability in this country are arthritis and other rheumatic conditions. In 1992 these maladies affected 42.7 million people and cost \$65 billion. As the Baby Boomer generation ages, these numbers will increase.¹

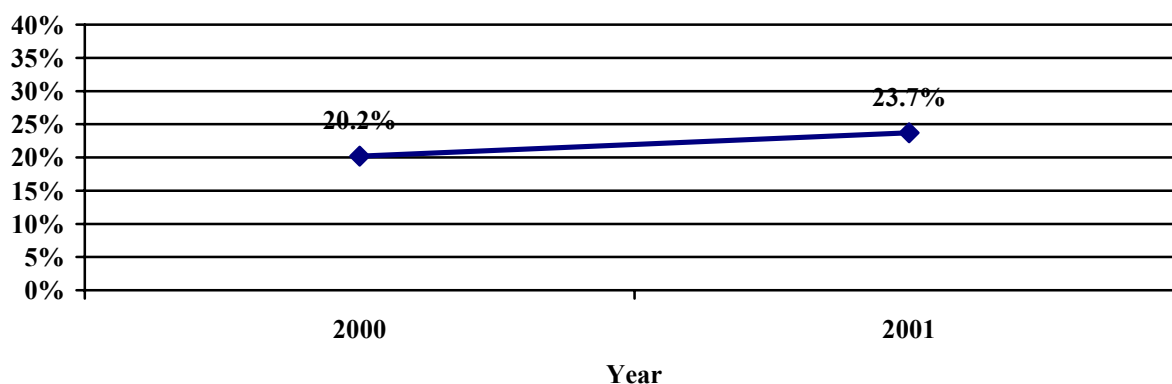


Figure II-A-1: 2000-2001 Percentage of BRFs respondents reported being told by a doctor that they have arthritis.

Approximately 23.7% of Arizonans have been told by a doctor that they have arthritis (Figure II-A-1). More women than men have been told they have arthritis (26.6% vs. 20.6%). As expected, there is a positive relationship with regards to age, as age increases so does the percentage of people being told they have arthritis. Those over age 65 were highest (55.9%) followed by those in the 55-64 age group (37.2%). There also seems to be a positive relationship between lower levels of education and having arthritis. Respondents with less than a high school education are most likely to be told they have arthritis (29.8%); next were those who completed high school requirements (25.1%). Over 30 percent of persons with incomes less than \$15,000 reported being told they have arthritis, compared to less than 20% in the two highest income categories. However, arthritis affected Non-Whites less than White respondents: 26.6% of White respondents were diagnosed with arthritis compared to 16.0% of Non-Whites, almost twice as many Non-Hispanics as Hispanics had been diagnosed with arthritis (25.9% and 13.2% respectively).

Increasing the length of healthy life for all Americans is one of the objectives contained in the *Healthy People 2010* program. The combination of public health programs, improved social conditions, and private medical care, have contributed to the lengthening of life expectancy from 47 years in 1900 to 75 years in 1989. However, increased life expectancy has included periods of lower health-related quality of life for some people.²

The 2001 Arizona BRFs asked respondents if they are limited in any activities because of physical, mental, or emotional problems. Slightly more than 18% responded that their activities were affected by health problems. Limited activities were more likely to be noted by older respondents, White and Non-Hispanic Arizonans.

References

1. Centers for Disease Control and Prevention. CDC Surveillance Summaries, May 8, 1998 MMWR 1998 47 (No. 17).
2. Centers for Disease Control and Prevention. CDC Surveillance Summaries, May 27, 1994 MMWR 1994 43 (No. 20).

2001 Arizona BRFs Prevalence Of Those Reporting Being Told They Have Arthritis		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	20.6	288
Female	26.6	538
<u>Age</u>		
18-24	4.0	11
25-34	5.7	33
35-44	16.0	82
45-54	24.6	164
55-64	37.1	175
65+	55.9	361
<u>Education</u>		
Less than High School	29.8	119
High School Graduate/GED	25.1	240
Some College/Tech School	24.0	273
College Grad	19.5	191
<u>Income</u>		
<\$15,000	30.6	87
\$15,000-\$24,999	27.0	168
\$25,000-\$34,999	24.2	121
\$35,000-\$49,999	29.2	138
\$50,000-\$74,999	17.0	86
≥\$75,000	14.5	72
<u>Race</u>		
White	26.6	650
Non-White	16.0	155
<u>Ethnicity</u>		
Hispanic	13.2	97
Non-Hispanic	25.9	715

Table II-A-1. 2001 BRFs results: Prevalence of persons reporting being told they have arthritis.

B. ROUTINE MAMMOGRAPHY

The key to reduction in breast cancer mortality is dependent upon successful treatments and early detection. Routine mammography is a critical tool for breast cancer detection. Currently, the American Cancer Society recommends mammography for women 40-49 years of age, while the National Cancer Institute recommends that women discuss mammography with their physician. The benefit of obtaining routine mammograms is the ability of this test to detect tumors smaller than would be detectable using a breast self-exam. Small tumors are more likely to be associated with an early stage of breast cancer and therefore respond better to treatment.

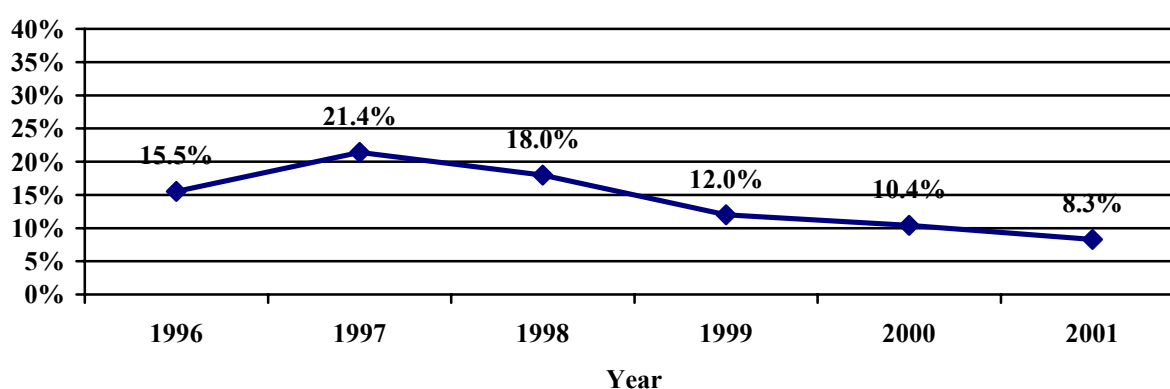


Figure II-B-1. Percentage of BRFs female respondents 40 years of age or older who reported they never had a mammogram in 1996-2001. Healthy People 2010 Objective 3.14 is 70.0% of women \geq 40 years of age.

Analysis of the 2001 Arizona BRFs showed that 8.3% of females 40 years of age or older responded that they had never had a mammogram. This figure represents the fourth year of downward trend from a high of 21.4% in 1997.

Table II-B-1 shows that women in their early 40s were the least likely to have had a mammogram (17.6%). Women in the 55-64 age group were the most likely to have had a mammogram; only 5.2% indicated they had not had one. Women with less than a high school education were less likely to have had the exam (11.9%) and respondents with some college or technical school were most likely to have had one (6.0%). A significant difference was also noted between each end of the income spectrum: Women earning less than \$15,000 were significantly less likely to have had a mammogram compared to those earning \$25,000-\$34,999 (22.5% compared to 5.5%). White women were almost twice as likely to have had a mammogram as Non-Whites (7.1% and 13.0% respectively). Hispanics were about 50 percent less likely (7.8%) than Non-Hispanics (11.8%) to have had mammography.

Most breast cancers are discovered by women through self-exams. Unfortunately, one-third of these women will wait at least three months before seeking treatment. Reasons for delayed

medical care include interpretation of symptoms as non-threatening, and economic limitations to accessing services.¹ Removal of these barriers is essential for successful breast cancer treatment. Like other health behaviors, efforts to increase mammography must be emphasized to all segments of Arizona's female population.

Reference

1. Facione NC, Dodd MJ, Holzemer W, Meleis AI. Helpseeking for Self-Discovered Breast Symptoms. Implications for Early Detection. Cancer Pract., 1997; 5(4): 220-227.

2001 Arizona BRFs Prevalence Of Women Who Have Never Had A Mammogram		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	N/A	N/A
Female	8.3	115
<u>Age</u>		
18-24	N/A	N/A
25-34	N/A	N/A
35-44	17.6	40
45-54	8.1	28
55-64	5.2	15
65+	5.7	32
<u>Education</u>		
Less than High School	11.9	22
High School Graduate/GED	9.5	41
Some College/Tech School	6.0	29
College Grad	8.0	23
<u>Income</u>		
<\$15,000	22.5	21
\$15,000-\$24,999	7.6	26
\$25,000-\$34,999	5.5	9
\$35,000-\$49,999	8.2	18
\$50,000-\$74,999	6.7	10
≥\$75,000	*	*
<u>Race</u>		
White	7.1	82
Non-White	13.0	33
<u>Ethnicity</u>		
Hispanic	11.8	16
Non-Hispanic	7.8	99

Table II-B-1. 2001 BRFs results: Prevalence of women 40 year of age or older, who reported that they never had a mammogram. N/A=Not applicable. * = Cell size too small.

C. ROUTINE PAP SMEAR

The most effective method of diagnosing pre-cancerous conditions (cervical dysplasia) and localized early stage cervical cancer is effective routine screening of all women using Pap smear testing. Routine screening programs using Pap smear testing can reduce incidence and, thus, mortality, of cervical cancer by 93%.¹

The Human Papilloma Virus (HPV), a sexually transmitted disease associated with cervical cancer, can also be detected with a Pap smear test.² Increased awareness of the importance of receiving annual Pap smear tests is essential for all women, but especially for women who might be at increased risk for HPV.

2001 Arizona BRFSS results showed that 5.9% of women have never had a Pap smear test. This percentage continued a decline since a high of 17.1% in 1997 (Figure II-C-1). The 2001 result fell short of the *Healthy People 2010* Objective 3.11a of 3.0%.

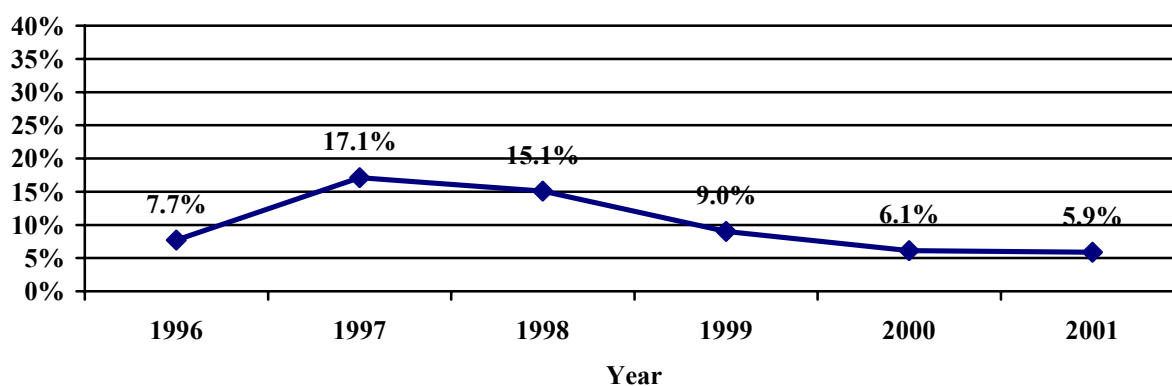


Figure II-C-1: Percentage of women age 18 and older who reported never having a Pap smear test in 1996-2001.

Women in the 18-24 year group were significantly more likely (23.4%) than any other age group to never have had a PAP test. The next highest was the 25-34 age group, notably less at 6.5%. Women with less than a high school education were most likely not to have had a Pap smear test (10.8%), over fifty percent higher than the next highest group; respondents with some college or technical training (7.0%). There appears to be a positive relationship regarding income levels and having a Pap smear test that is women with higher incomes were more likely to have had the test. Women with income under \$15,000 were least likely to have had the test (10.4%) followed by the \$15,000-\$24,999 income group (7.5%).

Non-White women were more than twice as likely not to have had a Pap smear (9.9%) than White respondents (4.3%). Hispanic women were more than twice as likely not to have received the test (10.9%) than Non-Hispanic women (4.7%).

References

1. Eddy DM. Screening for Cervical Cancer. Annals Internal Medicine 1990, vol.113, pgs. 214-226.
2. Cervical Cancer Resource Center, American Cancer Society, Atlanta, GA, 2000.

2001 Arizona BRFs Prevalence Of Woman Who Have Never Had A Pap Smear Test.		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	N/A	N/A
Female	5.9	94
<u>Age</u>		
18-24	23.4	27
25-34	6.5	14
35-44	*	*
45-54	*	*
55-64	*	*
65+	5.6	33
<u>Education</u>		
Less than High School	10.8	25
High School Graduate/GED	5.3	27
Some College/Tech School	7.0	28
College Grad	2.2	13
<u>Income</u>		
<\$15,000	10.4	14
\$15,000-\$24,999	7.5	17
\$25,000-\$34,999	6.5	11
\$35,000-\$49,999	*	*
\$50,000-\$74,999	*	*
≥\$75,000	*	*
<u>Race</u>		
White	4.3	52
Non-White	9.9	40
<u>Ethnicity</u>		
Hispanic	10.9	25
Non-Hispanic	4.7	68

Table II-C-1. 2001 BRFs results: Prevalence of women with an intact cervix who reported that they never had a Pap smear. N/A=Not applicable.

* = Cell size too small.

D. ORAL HEALTH

About 30,000 Americans are diagnosed with oral and throat cancers annually. There are also more than 8,000 deaths from both diseases each year.¹ Recently, the importance of oral health was emphasized in the U.S. Surgeon General's Report on Oral Health, released in 2000.² *Healthy Arizona 2010* includes the objective of increasing the proportion of children and adults who receive dental care each year.²

Results from the 2001 BRFSS showed that 36.3% of respondents had not had a dental visit within the past year (Figure II-D-1). This percentage is up from 2000 (33.1%), and continues a consistent trend of over a third of the Arizona population not visiting the dentist each year. This percentage exceeds the *Healthy Arizona 2010* goal of 45% of adults not receiving regular dental visits within the past year.²

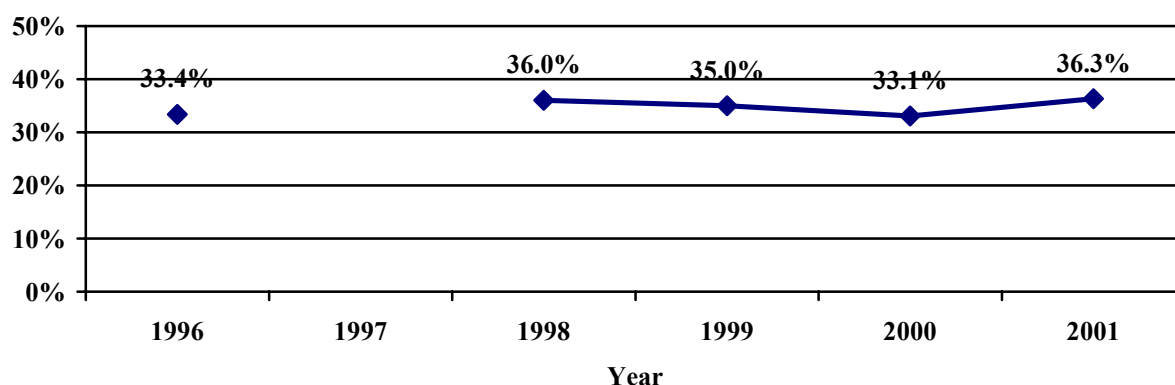


Figure II-D-1. 1996-2001 percentage of BRFSS respondents who reported that they have not had a dental visit within the past year.

Table II-D-1 describes respondents who reported they did not have a dental visit in the past year. Men were less likely to have visited a dentist in the past year (39.5%) than women (33.3%). Respondents in the 25-34 year group were the least likely to have a visit within the last 12 months (42.3%) and the next highest was the 18-24 age group (40.8%). Higher education and income levels had a positive relationship with regard to having a dental visit in the past year, i.e., as education and income increased so did the likelihood of having had a dental visit in the past year. Arizonans with less than a high school education and high school graduates were more likely not to have had a visit to the dentist in the past 12 months compared to those with some college or college graduates. Respondents with incomes under \$15,000 or \$15,000-\$24,999 were significantly less likely to have visited a dentist in the past year than any higher income categories. Respondents who did not have a dental visit in the past year are primarily Non-White (46.7%) and Hispanic (46.3%). Respondents who did not have dental insurance were less likely to have visited a dentist in the past year than those with insurance.

(45.4% vs. 24.7%). Of those responding to the 2001 BRFS, 57.6% reported that they had insurance covering some or all of their routine dental care.

References

1. Centers for Disease Control and Prevention. Improving Oral Health: Preventing Unnecessary Disease Among All Americans, At-A-Glance, 1999.
2. Arizona Department of Health Services. Arizona 2010: Collaborating for a Healthier Future. 2001.

2001 Arizona BRFS		
Prevalence Of Respondents Who Did Not Visit The Dentist Or A Dental Clinic Within Past Year		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	39.5	526
Female	33.3	686
<u>Age</u>		
18-24	40.8	122
25-34	42.3	228
35-44	36.0	219
45-54	33.8	212
55-64	32.7	170
65+	32.4	261
<u>Education</u>		
Less than High School	59.0	227
High School Graduate/GED	42.4	394
Some College/Tech School	34.3	358
College Grad	22.6	228
<u>Income</u>		
<\$15,000	52.6	166
\$15,000-\$24,999	52.1	305
\$25,000-\$34,999	35.6	177
\$35,000-\$49,999	31.9	164
\$50,000-\$74,999	26.7	103
≥\$75,000	21.8	85
<u>Race</u>		
White	32.1	806
Non-White	46.7	385
<u>Ethnicity</u>		
Hispanic	46.3	245
Non-Hispanic	34.2	956

Table II-D-1. 2001 BRFS survey results: Prevalence of respondents who did not visit the dentist or a dental clinic within the past year.

E. FRUIT AND VEGETABLE CONSUMPTION

It has been known for many years that diet plays a large role in the quality of long-term health. Among adults who do not drink excessively or smoke, diet is the most significant controllable risk factor that determines their health status. It is widely accepted that a significant percentage of all cancer deaths can be attributed to poor dietary habits.

One of the most important dietary habits is the consumption of at least five servings of fruits and vegetables per day. Analysis of the 2001 Arizona BRFs showed that 71.3% of respondents reported that they consume less than five servings of fruits and vegetables per day (Figure II-E-1). This falls short of *Healthy Arizona 2010* Objective 2.1, which stresses the importance of vegetable consumption and sets a target of increasing the proportion of Arizonans aged two years and older who consume at least two daily servings of fruit and at least three daily servings of vegetables (with at least one-third being dark green or deep yellow vegetables) to at least 50%¹.

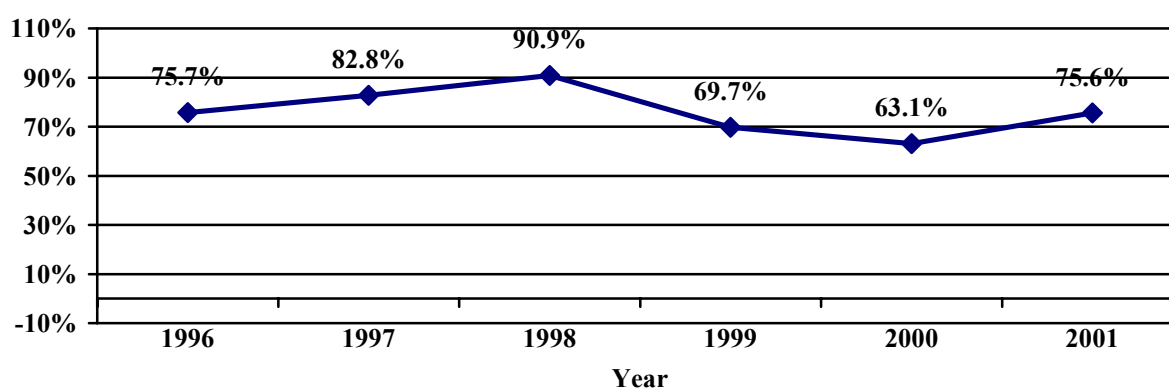


Figure II-E-1. Percentage of BRFs respondents who reported that they consume less than five servings of fruits and vegetables per day in 1996-2001.

Consumption of less than five servings of fruits and vegetables per day is not appreciably related to gender— Arizonans scored equally poorly along this category (Table II-E-1). Respondents in the 35-44 age group were least likely to eat five or more servings of fruits and vegetables (83.6%) followed by persons 25-34 years (76.8%). Generally, as education levels decreased so did the tendency not to eat the recommended number of servings of fruit and vegetables. High school graduates (80.4%) were less likely to eat at least five servings of fruits and vegetables than the other categories. Next were respondents with less than a high school education (78.8%). Arizonans making less than \$15,000 had the highest percentage of people not eating five or more servings of fruits and vegetables (82.4%) followed by the \$35,000-\$49,999 category (76.5%). There was no significant difference regarding race or ethnicity.

These results suggest that efforts at educating Arizonans about the importance of eating five servings of fruits and vegetables each day be targeted throughout the population, regardless of demographic categories.

References

1. Department of Health Services. Arizona 2010: Collaborating for a Healthier Future. 2001.

2001 Arizona BRFSS Prevalence Of Persons Not Consuming At Least Five Servings Of Fruits And Vegetables Per Day		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	77.1	1,023
Female	74.1	1,378
<u>Age</u>		
18-24	75.5	247
25-34	76.8	400
35-44	83.6	486
45-54	76.2	460
55-64	73.2	355
65+	66.0	453
<u>Education</u>		
Less than High School	78.8	280
High School Graduate/GED	80.4	718
Some College/Tech School	75.8	766
College Grad	69.6	630
<u>Income</u>		
<\$15,000	82.4	226
\$15,000-\$24,999	75.0	450
\$25,000-\$34,999	75.4	357
\$35,000-\$49,999	76.5	384
\$50,000-\$74,999	75.9	307
≥\$75,000	71.9	285
<u>Race</u>		
White	75.6	1,713
Non-White	75.5	646
<u>Ethnicity</u>		
Hispanic	75.4	410
Non-Hispanic	75.6	1,968

Table II-E-1. 2001 BRFSS survey results: Prevalence of persons who reported that they did not consume at least five servings of fruits and vegetables per day.

F. FOLIC ACID AWARENESS

Each year in the United States, approximately 4000 pregnancies are affected by neural tube defects (NTDs).¹ Studies have shown that up to 50% of neural tube defects (NTDs) such as spina bifida and anencephaly may be preventable through adequate intake of folic acid.² Folic acid is a B vitamin that helps form red blood cells and has been found to reduce the risks of certain types of birth defects, cancer, and cardiovascular disease. While folic acid is important for everyone's health, it is especially vital for women of childbearing age. The United States Public Health Service recommends that all women of childbearing age in the United States who are capable of becoming pregnant should consume 400 micrograms (mcg) of folic acid per day for the purpose of reducing their risk of having a pregnancy affected with a neural tube defect.³

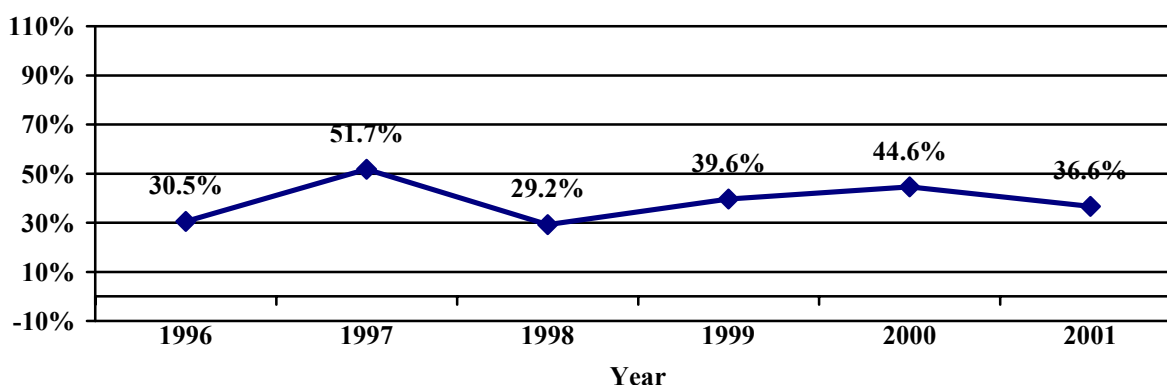


Figure II-F-1. Percentage of BRFs female respondents (18-44 years old) who reported that folic acid prevents birth defects in 1996-2001.

Healthy Arizona 2010 has set an objective of increasing the proportion to 80% of pregnancies begun with an optimum folic acid intake (400 mcg).

Results from the 2001 BRFs showed that 63.4% of women aged 18 - 44 did not know that folic acid might prevent birth defects (Figure II-F-1) while males were significantly less informed (78.4%). Respondents in the 35-44 age group were least likely to know of folic acid's benefits in reducing birth defects (75.9%) followed by the 18-24 age group with 73.0%. Education appears to have a positive relationship with knowledge of folic acid benefits in preventing NTDs; as education decreased so did the percentage of women who knew about folic acid. Respondents with incomes in the \$15,000-\$24,999 range were least likely to know about these benefits (80.3%) followed by Arizonans making less than \$15,000 (76.0%). A closer look at those respondents who reported not knowing that folic acid may prevent birth defects (Table II-F-1) showed that awareness differed significantly among race and ethnic groups. Over 67% of Whites were unaware of this benefit, compared to 77.1% of Non-Whites; 69.8% of Non-Hispanics were

unaware of folic acid's protective effects compared to 75.4% of Hispanics. These results suggest a continued need to educate Arizona residents about folic acid and the role it plays in producing healthy babies.

References

1. Centers for Disease Control and Prevention. CDC Surveillance Summaries, August 8, 1997. MMWR 1997; 46 (No. 31).
2. Rayburn WF, Stanley JR, Garrett ME. Periconceptional folate intake and neural tube defects. Journal of the American College of Nutrition 15(2): 121-5, 1996.
3. Centers for Disease Control and Prevention. CDC Surveillance Summaries, April 30, 1999. MMWR 1999; 48 (No. 16).

2001 Arizona BRFS		
Prevalence Of Respondents (18-44) Who Did Not Know That Folic Acid Prevented Birth Defects		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	78.4	490
Female	63.4	554
<u>Age</u>		
18-24	73.0	227
25-34	64.7	343
35-44	75.9	440
45-54	N/A	N/A
55-64	N/A	N/A
65+	N/A	N/A
<u>Education</u>		
Less than High School	82.7	144
High School Graduate/GED	80.4	335
Some College/Tech School	67.6	336
College Grad	58.3	223
<u>Income</u>		
<\$15,000	76.0	103
\$15,000-\$24,999	80.3	232
\$25,000-\$34,999	71.6	161
\$35,000-\$49,999	63.6	154
\$50,000-\$74,999	64.4	121
≥\$75,000	61.9	99
<u>Race</u>		
White	67.3	607
Non-White	77.1	419
<u>Ethnicity</u>		
Hispanic	75.4	259
Non-Hispanic	69.8	775

Table II-F-1. 2001 BRFS survey results: Prevalence of respondents (18-44) who did not know that folic acid prevented birth defects. N/A =Not applicable.

III. STATE-ADDED QUESTIONS SURVEY RESULTS: ANALYSIS OF HIGH-RISK GROUPS

A. MENTAL HEALTH

Healthy Arizona 2010 selected mental health (and in particular, depression and related disorders) as one of the twelve areas of focus for the coming decade. Mental illness affects approximately one in five Americans, and costs the U.S. economy over \$43.7 billion in lost work, reduced productivity, and for treatment of the disease.¹ In 1997, Arizona ranked among the top three states for rate of suicide mortality among adolescents aged 15-19.¹ Treatment can help approximately 80% of those suffering from depression,¹ but increased diagnosis of the disease and efforts to reduce the stigma of depression are needed. *Healthy Arizona 2010* has set a target of no more than 10 suicides per 100,000.

The 2001 Arizona BRFS also revealed that the state population was fairly evenly divided between those that felt “stressed” and those that did not (Figure III-A-1). Nearly 20% of Arizonans report experiencing “a lot of stress” during the past year, while an additional 31.3% reported a moderate amount of stress. However, 24.4% reported relatively little stress, and almost 19% reported almost no stress.

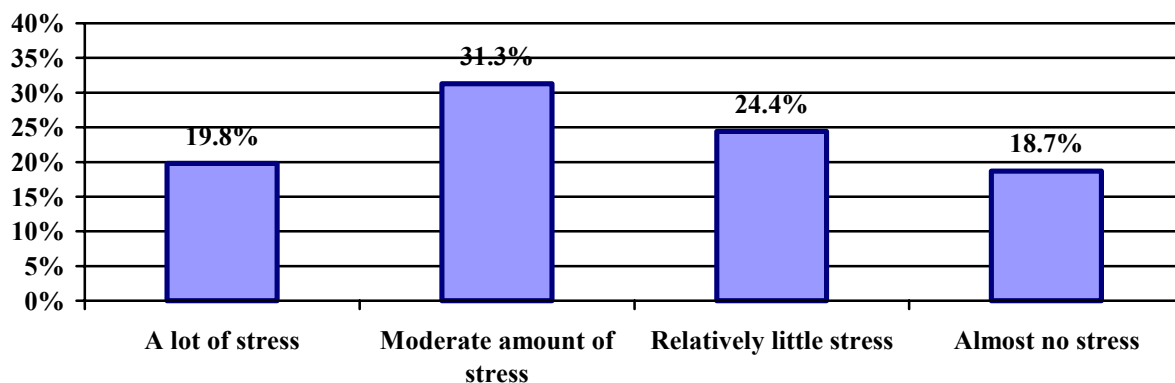


Figure III-A-1. Responses to the 2001 Arizona BRFS question about the amount of stress experienced in the last year.

A closer examination of those reporting a lot of stress in the last year showed that a larger percentage of women reported a lot of stress in their lives compared to men (21.5% vs. 18.0%). Arizonans, aged 45-54, were most likely to feel a lot of stress (25.9%) followed by those 18-24 years (23.3%). College graduates reported a lot of stress most often (22.5%), with no significant difference between second (some college/technical school 19.5%) and third highest (high school graduates 19.3%) groups. Those with incomes less than \$15,000, were more likely to experience a lot of stress (25.3%), next were those with incomes of \$25,000-\$34,999 (24.8%). White respondents (21.3%) were over 30 percent more likely than Non-Whites (16.2%) to report “a lot” of stress. Hispanic Arizonans were less likely than Non-Hispanic to have “a lot” of stress (16.8% and 20.6% respectively).

Depression and related symptoms take a financial and human toll in Arizona. *Healthy Arizona 2010* outlines the following strategies for increasing diagnosis and improving treatment of depression in Arizona:¹

- Address stigma of depression.
- Promote closer integration of behavioral and public health.
- Broaden awareness of depressive illness among primary care providers.

Reference

1. Arizona Department of Health Services. Arizona 2010: Collaborating for a Healthier Future. 2001.

2001 Arizona BRFS Prevalence Of People Who Experienced “A Lot” Of Stress Within The Past Year		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	18.0	210
Female	21.5	455
<u>Age</u>		
18-24	23.3	86
25-34	19.9	118
35-44	21.0	144
45-54	25.9	152
55-64	17.1	79
65+	11.4	86
<u>Education</u>		
Less than High School	15.8	56
High School Graduate/GED	19.3	181
Some College/Tech School	19.5	232
College Grad	22.5	195
<u>Income</u>		
<\$15,000	25.3	91
\$15,000-\$24,999	19.1	130
\$25,000-\$34,999	24.8	98
\$35,000-\$49,999	17.8	94
\$50,000-\$74,999	17.6	82
≥\$75,000	23.8	80
<u>Race</u>		
White	21.3	502
Non-White	16.2	156
<u>Ethnicity</u>		
Hispanic	16.8	99
Non-Hispanic	20.6	564

Table III-A-1. 2001 BRFS survey results: Prevalence of people who reported experiencing a lot of stress during the last year.

B. OSTEOPOROSIS

The bone disease osteoporosis affects nearly 10 million Americans, and another 18 million are affected by low bone mass.¹ Calcium plays a critical role in the development and maintenance of bone tissue, and insufficient calcium intake can affect bone health.¹ Risk factors for osteoporosis include smoking, eating disorders, low body weight, low amount of calcium in the diet, heavy alcohol consumption, and use of certain medications.¹

The 2001 Arizona BRFSS included a series of questions for women about calcium consumption, weight-bearing exercise, and bone-density testing. Over half (51.4%) of Arizonans consume less than two servings of milk or milk products per day, an important source of calcium (Figure III-B-1).

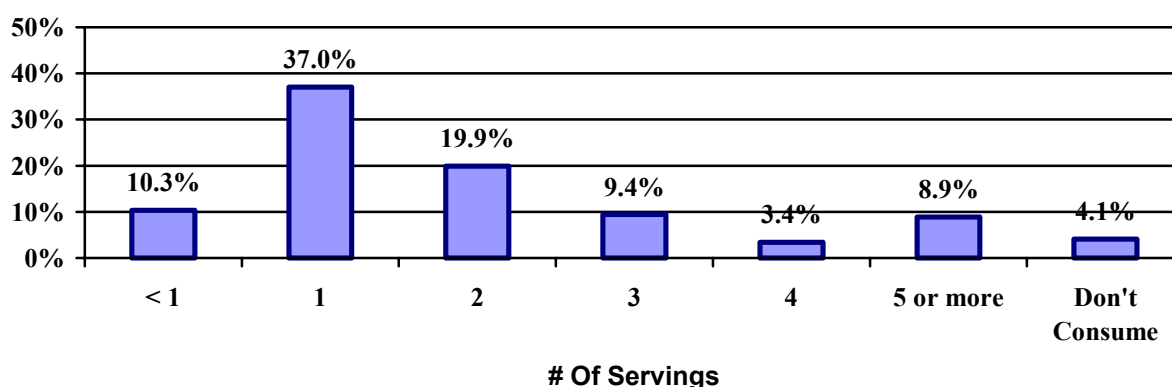


Figure III-B-1. 2001 Arizona BRFSS: number of servings of milk or milk products consumed per day.

Table III-B-1 presents the prevalence of women who consumed less than two servings of milk or milk products per day. Women in the 55-64 age group (63.8%) were the most likely to consume less than two servings of milk or milk products, followed by respondents aged 45-54 years (57.2%). There is a generally positive relationship with regard to education and income (i.e., as education and income levels increased so did the likelihood that respondents consumed less than two servings of milk or milk products) per day. Women with some college or technical school (55.4%) were least likely to consume at least two servings, followed by women with a college degree (55.3%). Regarding income, respondents in the greater than \$75,000 income range were most likely not to consume two or more servings (61.7%), followed by women with incomes \$35,000-\$49,999 (55.1%). White women were over 20 percent more likely not to consume two or more servings (53.9%) than Non-Whites (44.2%). Non-Hispanics were significantly more likely to consume less than two servings (50.2%) than Hispanic women (39.8%).

These results suggest that women across the state may be at increased risk for developing osteoporosis due to insufficient calcium consumption. A bone density scan is recommended for all women over 65 and for those younger than 65 with additional risk factors in order to detect the disease. According to the BRFs almost 24% of Arizona women have received this important test.

Reference

1. National Institutes of Health. MEDLINEplus Medical Encyclopedia: Osteoporosis. Retrieved from the World Wide Web July 24, 2001.
<http://medlineplus.nlm.nih.gov/medlineplus/ency/article/000360.htm>.

2001 Arizona BRFs		
Prevalence Of Women Who Consumed Less Than Two Servings Of Milk Or Milk Products Per Day		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	N/A	N/A
Female	51.4	359
<u>Age</u>		
18-24	44.2	76
25-34	42.0	129
35-44	46.1	180
45-54	57.2	192
55-64	63.8	189
65+	56.5	237
<u>Education</u>		
Less than High School	37.6	108
High School Graduate/GED	50.8	284
Some College/Tech School	55.4	349
College Grad	55.3	260
<u>Income</u>		
<\$15,000	47.4	110
\$15,000-\$24,999	45.6	173
\$25,000-\$34,999	46.6	146
\$35,000-\$49,999	55.1	158
\$50,000-\$74,999	54.5	122
≥\$75,000	61.7	113
<u>Race</u>		
White	53.9	742
Non-White	44.2	247
<u>Ethnicity</u>		
Hispanic	39.8	151
Non-Hispanic	50.2	844

Table III-B-1. 2001 BRFs survey results: Prevalence of women who consumed less than two servings of milk or milk products per day. N/A=Not applicable

C. ANTIBIOTIC RESISTANCE & HEPATITIS C RISK

Included in the 2001 BRFSS a set of questions regarding antibiotic resistance. Over half (53.9%) of Arizonans take prescribed antibiotics until it is gone (Figure III-C-1).

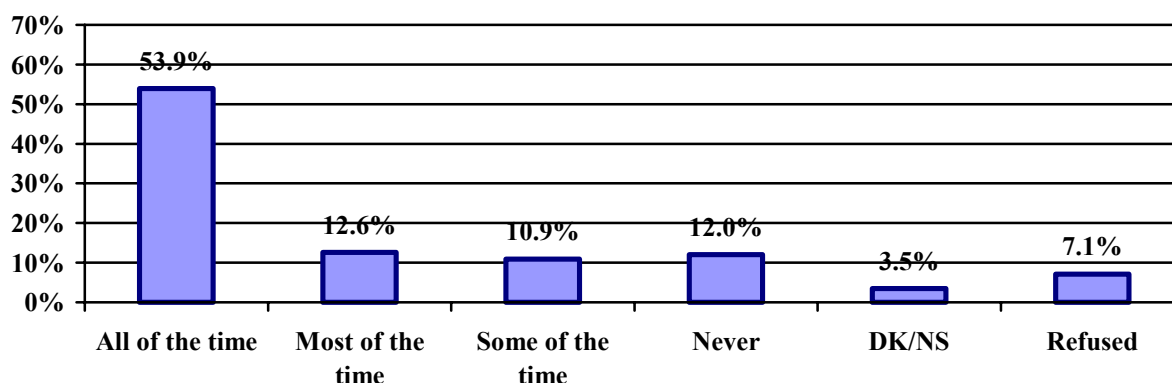


Figure III-C-1. 2001 Arizona BRFSS: When prescribed an antibiotic, do you take it until it is gone?

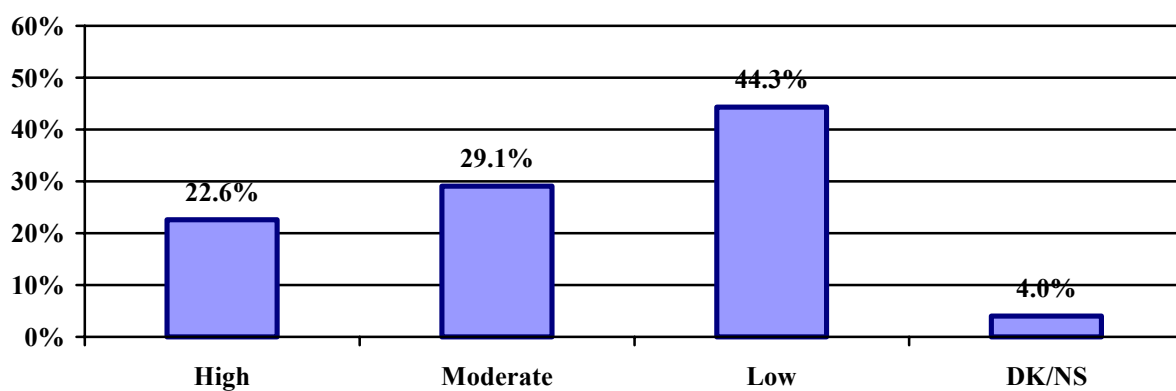


Figure III-C-2. 2001 Arizona BRFSS: What level of risk do you feel you are at for Hepatitis C?

When Arizonans were asked if they were at risk for Hepatitis C, 8.7% said yes. Of those, 44.3% reported their risk was low (Figure III-C-2).

APPENDIX I: DEMOGRAPHIC PROFILE

2001 Arizona Demographic Profile		
GROUPS	WEIGHTED PERCENTAGE	UNWEIGHTED N
<u>Sex</u>		
Male	48.8	1087
Female	51.2	1593
<u>Age</u>		
18-24	12.7	257
25-34	19.0	476
35-44	20.6	475
45-54	17.0	477
55-64	11.7	352
65+	18.0	624
<u>Education</u>		
Less than High School	11.4	301
High School Graduate or GED	31.1	795
Some College or Tech School	31.8	888
College Grad	25.5	686
<u>Income</u>		
< \$15,000	7.4	188
\$15,000-\$24,999	19.7	609
\$25,000-\$49,999	31.0	850
\$50,000-\$74,999	14.6	304
□ \$75,000	10.2	225
Unknown/Refused	17.2	504
<u>Race</u>		
White	73.9	2094
Non-White	25.0	556
<u>Ethnicity</u>		
Hispanic	21.2	456
Non-Hispanic	77.9	2204

Source: 2001 Arizona BRFs Sample

APPENDIX II: 2001 ARIZONA BRFS QUESTIONS LISTING

CORE SECTIONS

Section 1: Health Status
Section 2: Health Care Access
Section 3: Exercise
Section 4: Hypertension Awareness
Section 5: Cholesterol Awareness
Section 6: Asthma
Section 7: Diabetes
Section 8: Arthritis
Section 9: Immunization
Section 10: Tobacco Use
Section 11: Alcohol Consumption
Section 12: Firearms
Section 13: Demographics
Section 14: Disability
Section 15: Physical Activity
Section 16: Prostate Cancer Screening
Section 17: Colorectal Cancer Screening
Section 18: HIV/AIDS

OPTIONAL MODULES

Module 1: Diabetes
Module 3: Quality of Life and Care Giving
Module 5: Women's Health
Module 6: Oral Health
Module 10: Fruits and Vegetables
Module 12: Folic Acid
Module 13: Tobacco Indicators
Module 14: Other Tobacco Products

STATE ADDED QUESTIONS

Section 1: Influenza
Section 2: Mental Health
Section 3: Osteoporosis
Section 4: Antibiotic Resistance
Section 5: Hepatitis C Risk

APPENDIX III: 2001 ARIZONA QUESTIONNAIRE

<p>Section 1: Health Status</p> <p>1.1. Would you say that in general your health is:</p> <table style="width: 100%; border: none;"> <tr><td>Excellent</td><td style="text-align: right;">1</td></tr> <tr><td>Very good</td><td style="text-align: right;">2</td></tr> <tr><td>Good</td><td style="text-align: right;">3</td></tr> <tr><td>Fair</td><td style="text-align: right;">4</td></tr> <tr><td>Poor</td><td style="text-align: right;">5</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Excellent	1	Very good	2	Good	3	Fair	4	Poor	5	Don't know/Not sure	7	Refused	9	<p>2.2. During the past 12 months, was there any time that you did not have any health insurance or coverage?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
Excellent	1																						
Very good	2																						
Good	3																						
Fair	4																						
Poor	5																						
Don't know/Not sure	7																						
Refused	9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
<p>1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?</p> <table style="width: 100%; border: none;"> <tr><td colspan="2">Number of days</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days		None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>2.3. Do you have one person you think of as your personal doctor or health care provider?</p> <table style="width: 100%; border: none;"> <tr><td>Yes, only one</td><td style="text-align: right;">1</td></tr> <tr><td>More than one</td><td style="text-align: right;">2</td></tr> <tr><td>No</td><td style="text-align: right;">3</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes, only one	1	More than one	2	No	3	Don't know/Not sure	7	Refused	9				
Number of days																							
None	8 8																						
Don't know/Not sure	7 7																						
Refused	9 9																						
Yes, only one	1																						
More than one	2																						
No	3																						
Don't know/Not sure	7																						
Refused	9																						
<p>1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?</p> <table style="width: 100%; border: none;"> <tr><td colspan="2">Number of days</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days		None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>Section 3: Exercise</p> <p>3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9						
Number of days																							
None	8 8																						
Don't know/Not sure	7 7																						
Refused	9 9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
<p>1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?</p> <table style="width: 100%; border: none;"> <tr><td colspan="2">Number of days</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days		None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>Section 4: Hypertension Awareness</p> <p>4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9						
Number of days																							
None	8 8																						
Don't know/Not sure	7 7																						
Refused	9 9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
<p>Section 2: Health Care Access</p> <p>2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>4.2. Are you currently taking medicine for your high blood pressure?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						

APPENDIX III: 2001 ARIZONA QUESTIONNAIRE

Section 5: Cholesterol Awareness	
5.1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?	
Yes	1
No	2
Don't know/Not sure	7
Refused	9

5.2. About how long has it been since you last had your blood cholesterol checked?	
Within the past month	1
Within the past year	2
Within the past 2 years	3
2 or more years ago	4
Don't know/Not sure	7
Refused	9

5.3. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?	
Yes	1
No	2
Don't know/Not sure	7
Refused	9

Section 6: Asthma	
6.1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?	
Yes	1
No	2
Don't know/Not sure	7
Refused	9

6.2. Do you still have asthma?	
Yes	1
No	2
Don't know/Not sure	7
Refused	9

Section 7: Diabetes	
7.1. Have you ever been told by a doctor that you have diabetes?	
Yes	1
Yes, only during pregnancy	2
No	3
Don't know/Not sure	7
Refused	9

7.1. Have you ever been told by a doctor that you have diabetes?	
Yes	1
Yes, only during pregnancy	2
No	3
Don't know/Not sure	7
Refused	9

Module 1: Diabetes

MOD1_1. How old were you when you were told you have diabetes?

Code age in years	__ __
Don't know/Not sure	9 8
Refused	9 9

MOD1_2. Are you now taking insulin?	
Yes	1
No	2
Don't know/Not sure	7
Refused	9

MOD1_3. Are you now taking diabetes pills?	
Yes	1
No	2
Don't know/Not sure	7
Refused	9

MOD1_4. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

Times per day	1	___	___
Times per week	2	___	___
Times per month	3	___	___
Times per year	4	___	___
Never	8	8	8
Don't know/Not sure	7	7	7
Refused	9	9	9

APPENDIX III: 2001 ARIZONA QUESTIONNAIRE

<p>MOD1_5. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.</p> <table style="width: 100%; border: none;"> <tr><td>Times per day</td><td style="text-align: right;">1</td><td style="text-align: center;">_ _</td></tr> <tr><td>Times per week</td><td style="text-align: right;">2</td><td style="text-align: center;">_ _</td></tr> <tr><td>Times per month</td><td style="text-align: right;">3</td><td style="text-align: center;">_ _</td></tr> <tr><td>Times per year</td><td style="text-align: right;">4</td><td style="text-align: center;">_ _</td></tr> <tr><td>Never</td><td style="text-align: right;">8</td><td style="text-align: center;">8 8</td></tr> <tr><td>No feet</td><td style="text-align: right;">5</td><td style="text-align: center;">5 5</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td><td style="text-align: center;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td><td style="text-align: center;">9 9</td></tr> </table>	Times per day	1	_ _	Times per week	2	_ _	Times per month	3	_ _	Times per year	4	_ _	Never	8	8 8	No feet	5	5 5	Don't know/Not sure	7	7 7	Refused	9	9 9	<p>MOD1_11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
Times per day	1	_ _																															
Times per week	2	_ _																															
Times per month	3	_ _																															
Times per year	4	_ _																															
Never	8	8 8																															
No feet	5	5 5																															
Don't know/Not sure	7	7 7																															
Refused	9	9 9																															
Yes	1																																
No	2																																
Don't know/Not sure	7																																
Refused	9																																
<p>MOD1_6. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD1_12. Have you ever taken a course or class in how to manage your diabetes yourself?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9																
Yes	1																																
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Don't know/Not sure	7																																
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Don't know/Not sure	7																																
Refused	9																																
<p>MOD1_7. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?</p> <table style="width: 100%; border: none;"> <tr><td>Number of times</td><td style="text-align: right;">_ _</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of times	_ _	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>Section 8: Arthritis</p> <p>8.1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9																
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<p>MOD1_8. A test for hemoglobin "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?</p> <table style="width: 100%; border: none;"> <tr><td>Number of times</td><td style="text-align: right;">_ _</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Never heard of hemoglobin "A one C" test</td><td style="text-align: right;">9 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of times	_ _	None	8 8	Never heard of hemoglobin "A one C" test	9 8	Don't know/Not sure	7 7	Refused	9 9	<p>8.2. Were these symptoms present on most days for at least one month?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9														
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<p>MOD1_9. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?</p> <table style="width: 100%; border: none;"> <tr><td>Number of times</td><td style="text-align: right;">_ _</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of times	_ _	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>8.3. Are you now limited in any way in any activities because of joint symptoms?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9																
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<p>MOD1_10. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.</p> <table style="width: 100%; border: none;"> <tr><td>Within past year</td><td style="text-align: right;">1</td></tr> <tr><td>Within past 2 years</td><td style="text-align: right;">2</td></tr> <tr><td>Within past 5 years</td><td style="text-align: right;">3</td></tr> <tr><td>5 or more years ago</td><td style="text-align: right;">4</td></tr> <tr><td>Never</td><td style="text-align: right;">8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Within past year	1	Within past 2 years	2	Within past 5 years	3	5 or more years ago	4	Never	8	Don't know/Not sure	7	Refused	9	<p>8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9										
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8.5. Have you ever been told by a doctor that you have arthritis? Yes 1 No 2 Don't know/Not sure 7 Refused 9		
8.6. Are you currently being treated by a doctor for arthritis? Yes 1 No 2 Don't know/Not sure 7 Refused 9		Section 11: Alcohol Consumption 11.1. A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage? Days per week 1 _ _ Days per month 2 _ _ No drinks in past 30 days 8 8 8 Don't know/Not sure 7 7 7 Refused 9 9 9
Section 9: Immunization 9.1. During the past 12 months, have you had a flu shot? Yes 1 No 2 Don't know/Not sure 7 Refused 9		11.2. On the days when you drank, about how many drinks did you drink on the average? Number of drinks _ _ Don't know/Not sure 7 7 Refused 9 9
9.2. Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine. Yes 1 No 2 Don't know/Not sure 7 Refused 9		11.3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion? Number of times _ _ None 8 8 Don't know/Not sure 7 7 Refused 9 9
Section 10: Tobacco Use 10.1. Have you smoked at least 100 cigarettes in your entire life? Yes 1 No 2 Don't know/Not sure 7 Refused 9		Section 12: Firearms 12.1. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle. Yes 1 No 2 Don't know/Not sure 7 Refused 9
10.2. Do you now smoke cigarettes every day, some days, or not at all? Every day 1 Some days 2 Not at all 3 Refused 9		Section 13: Demographics 13.1. What is your age Code age in years _ _ Don't know/Not sure 0 7 Refused 0 9
10.3. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? Yes 1 No 2 Don't know/Not sure 7 Refused 9		13.2. Are you Hispanic or Latino? Yes 1 No 2 Don't know/Not sure 7 Refused 9

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<p>13.3. Which one or more of the following would you say is your race?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">White</td> <td style="width: 20%; text-align: right;">1</td> </tr> <tr> <td>Black/African American</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Asian</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Native Hawaiian/Other Pacific Islander</td> <td style="text-align: right;">4</td> </tr> <tr> <td>American Indian, Alaska Native</td> <td style="text-align: right;">5</td> </tr> <tr> <td>Other [specify] _____</td> <td style="text-align: right;">6</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	White	1	Black/African American	2	Asian	3	Native Hawaiian/Other Pacific Islander	4	American Indian, Alaska Native	5	Other [specify] _____	6	Don't know/Not sure	7	Refused	9	<p>13.9. Is your annual household income from all sources:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">< \$10,000</td> <td style="width: 20%; text-align: right;">01</td> </tr> <tr> <td>\$10,000 to < \$15,000</td> <td style="text-align: right;">02</td> </tr> <tr> <td>\$15,000 to < \$20,000</td> <td style="text-align: right;">03</td> </tr> <tr> <td>\$20,000 to < \$25,000</td> <td style="text-align: right;">04</td> </tr> <tr> <td>\$25,000 to < \$35,000</td> <td style="text-align: right;">05</td> </tr> <tr> <td>\$35,000 to < \$50,000</td> <td style="text-align: right;">06</td> </tr> <tr> <td>\$50,000 to < \$75,000</td> <td style="text-align: right;">07</td> </tr> <tr> <td>≤ \$75,000</td> <td style="text-align: right;">08</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">77</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">99</td> </tr> </table>	< \$10,000	01	\$10,000 to < \$15,000	02	\$15,000 to < \$20,000	03	\$20,000 to < \$25,000	04	\$25,000 to < \$35,000	05	\$35,000 to < \$50,000	06	\$50,000 to < \$75,000	07	≤ \$75,000	08	Don't know/Not sure	77	Refused	99
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<p>13.4. Which one of these groups would you say best represents your race?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">White</td> <td style="width: 20%; text-align: right;">1</td> </tr> <tr> <td>Black/African American</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Asian</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Native Hawaiian/Other Pacific Islander</td> <td style="text-align: right;">4</td> </tr> <tr> <td>American Indian, Alaska Native</td> <td style="text-align: right;">5</td> </tr> <tr> <td>Other [specify] (Recall other specify) _____</td> <td style="text-align: right;">6</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> </table>	White	1	Black/African American	2	Asian	3	Native Hawaiian/Other Pacific Islander	4	American Indian, Alaska Native	5	Other [specify] (Recall other specify) _____	6	Don't know/Not sure	7	<p>13.10. About how much do you weigh without shoes?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Weight</td> <td style="width: 40%; text-align: right;"> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> pounds </td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7 7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9 9</td> </tr> </table>	Weight	<div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> pounds	Don't know/Not sure	7 7 7	Refused	9 9 9																
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<p>13.5. Are you:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Married</td> <td style="width: 20%; text-align: right;">1</td> </tr> <tr> <td>Divorced</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Widowed</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Separated</td> <td style="text-align: right;">4</td> </tr> <tr> <td>Never been married</td> <td style="text-align: right;">5</td> </tr> <tr> <td>Member of an unmarried couple</td> <td style="text-align: right;">6</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Married	1	Divorced	2	Widowed	3	Separated	4	Never been married	5	Member of an unmarried couple	6	Refused	9	<p>13.11. About how tall are you without shoes?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Height</td> <td style="width: 40%; text-align: right;"> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> ft/inches </td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7 7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9 9</td> </tr> </table>	Height	<div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> ft/inches	Don't know/Not sure	7 7 7	Refused	9 9 9																
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<p>13.6. How many children less than 18 years of age live in your household ?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Number of children</td> <td style="width: 20%; text-align: right;"> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> </td> </tr> <tr> <td>None</td> <td style="text-align: right;">8 8</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9</td> </tr> </table>	Number of children	<div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div>	None	8 8	Refused	9 9	<p>13.12. What county do you live in?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">FIPS county code</td> <td style="width: 20%; text-align: right;"> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> </td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7 7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9 9</td> </tr> </table>	FIPS county code	<div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div>	Don't know/Not sure	7 7 7	Refused	9 9 9																								
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<p>13.7. What is the highest grade or year of school you completed?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">≤ Kindergarten</td> <td style="width: 20%; text-align: right;">1</td> </tr> <tr> <td>Elementary</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Some high school</td> <td style="text-align: right;">3</td> </tr> <tr> <td>High school graduate</td> <td style="text-align: right;">4</td> </tr> <tr> <td>Some college/tech school</td> <td style="text-align: right;">5</td> </tr> <tr> <td>College graduate</td> <td style="text-align: right;">6</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	≤ Kindergarten	1	Elementary	2	Some high school	3	High school graduate	4	Some college/tech school	5	College graduate	6	Refused	9	<p>13.13. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="width: 20%; text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9														
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<p>13.8. Are you currently:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Employed for wages</td> <td style="width: 20%; text-align: right;">1</td> </tr> <tr> <td>Self-employed</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Out of work for more than 1 year</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Out of work for less than 1 year</td> <td style="text-align: right;">4</td> </tr> <tr> <td>Homemaker</td> <td style="text-align: right;">5</td> </tr> <tr> <td>Student</td> <td style="text-align: right;">6</td> </tr> <tr> <td>Retired</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Unable to work</td> <td style="text-align: right;">8</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Employed for wages	1	Self-employed	2	Out of work for more than 1 year	3	Out of work for less than 1 year	4	Homemaker	5	Student	6	Retired	7	Unable to work	8	Refused	9	<p>13.14. How many of these are residential numbers?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Residential phone numbers</td> <td style="width: 20%; text-align: right;"> <div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div> </td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Residential phone numbers	<div style="border-bottom: 1px solid black; display: inline-block; width: 20px;"></div>	Don't know/Not sure	7	Refused	9												
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<p>13.15. How many adult members of your household currently use a cell phone for any purpose?</p> <p style="margin-left: 40px;">Number of adults <u> </u></p> <p style="margin-left: 40px;">None 8</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?</p> <p style="margin-left: 40px;">Days per week <u> </u> <u> </u></p> <p style="margin-left: 40px;">Doesn't Exercise 10 mins wkly 8 8</p> <p style="margin-left: 40px;">Don't know/Not sure 7 7</p> <p style="margin-left: 40px;">Refused 9 9</p>
<p>13.16. Indicate sex of respondent</p> <p style="margin-left: 40px;">Male 1</p> <p style="margin-left: 40px;">Female 2</p>	
<p>13.17. To your knowledge, are you now pregnant?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?</p> <p style="margin-left: 40px;">Hours and minutes per day <u> </u> : <u> </u> <u> </u></p> <p style="margin-left: 40px;">Don't know/Not sure 7 7 7</p> <p style="margin-left: 40px;">Refused 9 9 9</p>
<p>Section 14: Disability</p> <p>14.1. Are you limited in any way in any activities because of physical, mental, or emotional problems</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>15.5. Now thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>
<p>14.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?</p> <p style="margin-left: 40px;">Days per week <u> </u> <u> </u></p> <p style="margin-left: 40px;">Doesn't Exercise 10 mins wkly 8 8</p> <p style="margin-left: 40px;">Don't know/Not sure 7 7</p> <p style="margin-left: 40px;">Refused 9 9</p>
<p>Section 15: Physical Activity</p> <p>15.1. When you are at work, which of the following best describes what you do? Would you say:</p> <p style="margin-left: 40px;">Mostly sitting/standing 1</p> <p style="margin-left: 40px;">Mostly walking 2</p> <p style="margin-left: 40px;">Mostly heavy labor/physically demanding work 3</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?</p> <p style="margin-left: 40px;">Hours and minutes per day <u> </u> : <u> </u> <u> </u></p> <p style="margin-left: 40px;">Don't know/Not sure 7 7 7</p> <p style="margin-left: 40px;">Refused 9 9 9</p>
<p>15.2. Now, thinking about the moderate physical activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>Section 16: Prostate Cancer Screening</p> <p>16.1. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>

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<p>16.2. How long has it been since you had your last PSA test?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Within past year</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Within past 2 years</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Within past 3 years</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Within past 5 years</td><td style="text-align: right;">4</td></tr> <tr><td style="padding-left: 20px;">≥5 years ago</td><td style="text-align: right;">5</td></tr> <tr><td style="padding-left: 20px;">Don't know</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Within past year	1	Within past 2 years	2	Within past 3 years	3	Within past 5 years	4	≥5 years ago	5	Don't know	7	Refused	9	<p>17.2. How long has it been since you had your last blood stool test using a home kit?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Within past year</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Within past 2 years</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Within past 3 years</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Within past 5 years</td><td style="text-align: right;">4</td></tr> <tr><td style="padding-left: 20px;">≥5 years ago</td><td style="text-align: right;">5</td></tr> <tr><td style="padding-left: 20px;">Don't know</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Within past year	1	Within past 2 years	2	Within past 3 years	3	Within past 5 years	4	≥5 years ago	5	Don't know	7	Refused	9
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<p>16.3. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>17.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9												
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<p>16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>Section 18: HIV/AIDS</p> <p>18.1. A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby.</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">True</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">False</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not Sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	True	1	False	2	Don't know/Not Sure	7	Refused	9												
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<p>16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>18.2. There are medical treatments available that are intended to help a person who is infected with HIV to live longer.</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">True</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">False</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not Sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	True	1	False	2	Don't know/Not Sure	7	Refused	9												
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<p>Section 17: Colorectal Cancer Screening</p> <p>17.1. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>18.3. How effective do you think these treatments are helping persons with HIV to live longer? Would you say:</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Very effective</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Somewhat effective</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Not at all effective</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Very effective	1	Somewhat effective	2	Not at all effective	3	Don't know/Not sure	7	Refused	9										
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<p>18.4. How important do you think it is for people to know their HIV status by getting tested?</p> <p>Would you say:</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Very important</td> <td style="text-align: right; padding-right: 20px;">1</td> </tr> <tr> <td>Somewhat important</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Not at all important</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Very important	1	Somewhat important	2	Not at all important	3	Don't know/Not sure	7	Refused	9	<p>18.7. What was the main reason you had your test for HIV in?</p> <table style="width: 100%; border: none;"> <tr><td>For hospitalization/surgical procedure</td><td style="text-align: right;">01</td></tr> <tr><td>To apply for health insurance</td><td style="text-align: right;">02</td></tr> <tr><td>To apply for life insurance</td><td style="text-align: right;">03</td></tr> <tr><td>For employment</td><td style="text-align: right;">04</td></tr> <tr><td>To apply for a marriage license</td><td style="text-align: right;">05</td></tr> <tr><td>For military induction/military service</td><td style="text-align: right;">06</td></tr> <tr><td>For immigration</td><td style="text-align: right;">07</td></tr> <tr><td>Just to find out if you were infected</td><td style="text-align: right;">08</td></tr> <tr><td>Because of referral by a doctor</td><td style="text-align: right;">09</td></tr> <tr><td>Because of pregnancy</td><td style="text-align: right;">10</td></tr> <tr><td>Referred by your sex partner</td><td style="text-align: right;">11</td></tr> <tr><td>For routine check-up</td><td style="text-align: right;">13</td></tr> <tr><td>Because of occupational exposure</td><td style="text-align: right;">14</td></tr> <tr><td>Because of illness</td><td style="text-align: right;">15</td></tr> <tr><td>Because I am at risk for HIV</td><td style="text-align: right;">16</td></tr> <tr><td>Other</td><td style="text-align: right;">87</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td>Refused</td><td style="text-align: right;">99</td></tr> </table>	For hospitalization/surgical procedure	01	To apply for health insurance	02	To apply for life insurance	03	For employment	04	To apply for a marriage license	05	For military induction/military service	06	For immigration	07	Just to find out if you were infected	08	Because of referral by a doctor	09	Because of pregnancy	10	Referred by your sex partner	11	For routine check-up	13	Because of occupational exposure	14	Because of illness	15	Because I am at risk for HIV	16	Other	87	Don't know/Not sure	77	Refused	99						
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<p>18.5. As far as you know, have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Yes</td> <td style="text-align: right; padding-right: 20px;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>18.8. Where did you have the HIV test in?</p> <table style="width: 100%; border: none;"> <tr><td>Private doctor, HMO</td><td style="text-align: right;">01</td></tr> <tr><td>Blood bank, plasma center, Red Cross</td><td style="text-align: right;">02</td></tr> <tr><td>Health department</td><td style="text-align: right;">03</td></tr> <tr><td>AIDS clinic, counseling, testing site</td><td style="text-align: right;">04</td></tr> <tr><td>Hospital, emergency room, outpatient clinic</td><td style="text-align: right;">05</td></tr> <tr><td>Family planning clinic</td><td style="text-align: right;">06</td></tr> <tr><td>Prenatal clinic, obstetrician's office</td><td style="text-align: right;">07</td></tr> <tr><td>Tuberculosis clinic</td><td style="text-align: right;">08</td></tr> <tr><td>STD clinic</td><td style="text-align: right;">09</td></tr> <tr><td>Community health clinic</td><td style="text-align: right;">10</td></tr> <tr><td>Clinic run by employer</td><td style="text-align: right;">11</td></tr> <tr><td>Insurance company clinic</td><td style="text-align: right;">12</td></tr> <tr><td>Other public clinic</td><td style="text-align: right;">13</td></tr> <tr><td>Drug treatment facility</td><td style="text-align: right;">14</td></tr> <tr><td>Military induction/military service site</td><td style="text-align: right;">15</td></tr> <tr><td>Immigration site</td><td style="text-align: right;">16</td></tr> <tr><td>At home, home visit by nurse/health worker</td><td style="text-align: right;">17</td></tr> <tr><td>At home using self-sampling kit</td><td style="text-align: right;">18</td></tr> <tr><td>In jail/prison</td><td style="text-align: right;">19</td></tr> <tr><td>Other</td><td style="text-align: right;">87</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td>Refused</td><td style="text-align: right;">99</td></tr> </table>	Private doctor, HMO	01	Blood bank, plasma center, Red Cross	02	Health department	03	AIDS clinic, counseling, testing site	04	Hospital, emergency room, outpatient clinic	05	Family planning clinic	06	Prenatal clinic, obstetrician's office	07	Tuberculosis clinic	08	STD clinic	09	Community health clinic	10	Clinic run by employer	11	Insurance company clinic	12	Other public clinic	13	Drug treatment facility	14	Military induction/military service site	15	Immigration site	16	At home, home visit by nurse/health worker	17	At home using self-sampling kit	18	In jail/prison	19	Other	87	Don't know/Not sure	77	Refused	99
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<p>18.6. Not including blood donations, in what month and year was your last HIV test?</p> <p>Code month and year <u> </u> <u> </u> / <u> </u> <u> </u></p> <p>Don't know/Not sure 7 7 7 7</p> <p>Refused 6 6 6 6</p>	<p>18.9. In the past 12 months has a doctor, nurse, or other health professional talked to you about preventing sexually transmitted diseases through condom use?</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Yes</td> <td style="text-align: right; padding-right: 20px;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9																																												
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<p>Module 3: Quality of Life and Care Giving</p> <p>MOD3_1. What is your major impairment or health problem?</p> <p>Reason code</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Arthritis/rheumatism</td> <td style="width: 10%; text-align: center;">0</td> <td style="width: 10%; text-align: center;">1</td> </tr> <tr> <td>Back or neck problem</td> <td style="text-align: center;">0</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Fractures, bone/joint injury</td> <td style="text-align: center;">0</td> <td style="text-align: center;">3</td> </tr> <tr> <td>Walking problem</td> <td style="text-align: center;">0</td> <td style="text-align: center;">4</td> </tr> <tr> <td>Lung/breathing problem</td> <td style="text-align: center;">0</td> <td style="text-align: center;">5</td> </tr> <tr> <td>Hearing problem</td> <td style="text-align: center;">0</td> <td style="text-align: center;">6</td> </tr> <tr> <td>Eye/vision problem</td> <td style="text-align: center;">0</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Heart problem</td> <td style="text-align: center;">0</td> <td style="text-align: center;">8</td> </tr> <tr> <td>Stroke problem</td> <td style="text-align: center;">0</td> <td style="text-align: center;">9</td> </tr> <tr> <td>Hypertension/high blood pressure</td> <td style="text-align: center;">1</td> <td style="text-align: center;">0</td> </tr> <tr> <td>Diabetes</td> <td style="text-align: center;">1</td> <td style="text-align: center;">1</td> </tr> <tr> <td>Cancer</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Depression/anxiety/emotional problem</td> <td style="text-align: center;">1</td> <td style="text-align: center;">3</td> </tr> <tr> <td>Other impairment/problem</td> <td style="text-align: center;">1</td> <td style="text-align: center;">4</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> <td style="text-align: center;">9</td> </tr> </table>	Arthritis/rheumatism	0	1	Back or neck problem	0	2	Fractures, bone/joint injury	0	3	Walking problem	0	4	Lung/breathing problem	0	5	Hearing problem	0	6	Eye/vision problem	0	7	Heart problem	0	8	Stroke problem	0	9	Hypertension/high blood pressure	1	0	Diabetes	1	1	Cancer	1	2	Depression/anxiety/emotional problem	1	3	Other impairment/problem	1	4	Don't know/Not sure	7	7	Refused	9	9	<p>MOD3_5. During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?</p> <p>Number of days</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">None</td> <td style="width: 10%; text-align: center;">8</td> <td style="width: 10%; text-align: center;">8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> <td style="text-align: center;">9</td> </tr> </table>	None	8	8	Don't know/Not sure	7	7	Refused	9	9
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<p>MOD3_2. For how long have your activities been limited because of your major impairment or health problem?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Days</td> <td style="width: 10%; text-align: center;">1</td> <td style="width: 10%; text-align: center;">___</td> </tr> <tr> <td>Weeks</td> <td style="text-align: center;">2</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Months</td> <td style="text-align: center;">3</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Years</td> <td style="text-align: center;">4</td> <td style="text-align: center;">___</td> </tr> <tr> <td>Don't know/Not Sure</td> <td style="text-align: center;">7</td> <td style="text-align: center;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> <td style="text-align: center;">9 9</td> </tr> </table>	Days	1	___	Weeks	2	___	Months	3	___	Years	4	___	Don't know/Not Sure	7	7 7	Refused	9	9 9	<p>MOD3_6. During the past 30 days, for about how many days have you felt sad, blue, or depressed?</p> <p>Number of days</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">None</td> <td style="width: 10%; text-align: center;">8</td> <td style="width: 10%; text-align: center;">8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> <td style="text-align: center;">9</td> </tr> </table>	None	8	8	Don't know/Not sure	7	7	Refused	9	9																														
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<p>MOD3_10. Earlier you reported that due to your impairment you need some assistance from another person with your PERSONAL CARE needs. Who usually helps you with your personal care needs, such as eating, bathing, dressing, or getting around the house?</p> <p>Reason code</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Husband/wife/partner</td> <td style="text-align: right; border-top: 1px solid black; border-bottom: 1px solid black;">0 1</td> </tr> <tr> <td>Parent/son/son-in-law/daughter/daughter-in-law</td> <td style="text-align: right;">0 2</td> </tr> <tr> <td>Other relative</td> <td style="text-align: right;">0 3</td> </tr> <tr> <td>Unpaid volunteer</td> <td style="text-align: right;">0 4</td> </tr> <tr> <td>Paid employee or home health service</td> <td style="text-align: right;">0 5</td> </tr> <tr> <td>Friend or neighbor</td> <td style="text-align: right;">0 6</td> </tr> <tr> <td>Comb of family and/or friends and/or paid help</td> <td style="text-align: right;">0 7</td> </tr> <tr> <td>Other</td> <td style="text-align: right;">0 8</td> </tr> <tr> <td>No one helps me</td> <td style="text-align: right;">0 9</td> </tr> <tr> <td>Don't Know/Not Sure</td> <td style="text-align: right;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9</td> </tr> </table>	Husband/wife/partner	0 1	Parent/son/son-in-law/daughter/daughter-in-law	0 2	Other relative	0 3	Unpaid volunteer	0 4	Paid employee or home health service	0 5	Friend or neighbor	0 6	Comb of family and/or friends and/or paid help	0 7	Other	0 8	No one helps me	0 9	Don't Know/Not Sure	7 7	Refused	9 9	<p>Module 5: Women's Health</p> <p>MOD5_1. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9		
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<p>MOD5_5. How long has it been since your last breast exam?</p> <p>Within the past year 1</p> <p>Within the past 2 years 2</p> <p>Within the past 3 years 3</p> <p>Within the past 5 years 4</p> <p>5 or more years ago 5</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>MOD5_10. Have you had a hysterectomy?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>MOD5_6. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?</p> <p>Routine checkup 1</p> <p>Breast problem other than cancer 2</p> <p>Had breast cancer 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>Module 6: Oral Health</p> <p>MOD6_1. How long has it been since you last visited a dentist or a dental clinic for any reason?</p> <p>Within the past year 1</p> <p>Within the past 2 years 2</p> <p>Within the past 3 years 3</p> <p>Within the past 5 years 4</p> <p>5 or more years ago 5</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>MOD5_7. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>MOD6_2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.</p> <p>1 to 5 1</p> <p>6 or more but not all 2</p> <p>All 3</p> <p>None 7</p> <p>Don't know/Not sure 8</p> <p>Refused 9</p>
<p>MOD5_8. How long has it been since you had your last Pap smear?</p> <p>Within the past year 1</p> <p>Within the past 2 years 2</p> <p>Within the past 3 years 3</p> <p>Within the past 5 years 4</p> <p>5 or more years ago 5</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>MOD6_3. How long has it been since you had your teeth cleaned by a dentist or dental hygienist?</p> <p>Within the past year 1</p> <p>Within the past 2 years 2</p> <p>Within the past 3 years 3</p> <p>Within the past 5 years 4</p> <p>5 or more years ago 5</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>MOD5_9. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?</p> <p>Routine exam 1</p> <p>Check current/previous problem 2</p> <p>Other 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>MOD6_4. What is the main reason you have not visited the dentist in the past year?</p> <p>Fear, apprehension, nervous, pain, dislike going 01</p> <p>Cost 02</p> <p>Do not have/know a dentist 03</p> <p>Can't get to office/clinic (too far away, no transportation & no appt avail) 04</p> <p>No reason to go (no problems, no teeth) 05</p> <p>Other priorities 06</p> <p>Have not thought of it 07</p> <p>Other 08</p> <p>Don't know/Not sure 77</p> <p>Refused 99</p>

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<p>MOD6_5. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?</p> <p>Yes 1 _____</p> <p>No 2 _____</p> <p>Don't know/Not sure 7 _____</p> <p>Refused 9 _____</p>	<p>MOD10_5. How often do you eat carrots?</p> <p>Per day 1 _____</p> <p>Per week 2 _____</p> <p>Per month 3 _____</p> <p>Per year 4 _____</p> <p>Never 5 5 5 _____</p> <p>Don't know/Not sure 7 7 7 _____</p> <p>Refused 9 9 9 _____</p>
<p>Module 10: Fruits and Vegetables</p> <p>MOD10_1. How often do you drink fruit juices such as orange, grapefruit, or tomato?</p> <p>Per day 1 _____</p> <p>Per week 2 _____</p> <p>Per month 3 _____</p> <p>Per year 4 _____</p> <p>Never 5 5 5 _____</p> <p>Don't know/Not sure 7 7 7 _____</p> <p>Refused 9 9 9 _____</p>	<p>MOD10_6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?</p> <p>Per day 1 _____</p> <p>Per week 2 _____</p> <p>Per month 3 _____</p> <p>Per year 4 _____</p> <p>Never 5 5 5 _____</p> <p>Don't know/Not sure 7 7 7 _____</p> <p>Refused 9 9 9 _____</p>
<p>MOD10_2. Not counting juice, how often do you eat fruit?</p> <p>Per day 1 _____</p> <p>Per week 2 _____</p> <p>Per month 3 _____</p> <p>Per year 4 _____</p> <p>Never 5 5 5 _____</p> <p>Don't know/Not sure 7 7 7 _____</p> <p>Refused 9 9 9 _____</p>	<p>Module 12: Folic Acid</p> <p>MOD12_1. Do you currently take any vitamin pills or supplements?</p> <p>Yes 1 _____</p> <p>No 2 _____</p> <p>Don't know/Not sure 7 _____</p> <p>Refused 9 _____</p>
<p>MOD10_3. How often do you eat green salad?</p> <p>Per day 1 _____</p> <p>Per week 2 _____</p> <p>Per month 3 _____</p> <p>Per year 4 _____</p> <p>Never 5 5 5 _____</p> <p>Don't know/Not sure 7 7 7 _____</p> <p>Refused 9 9 9 _____</p>	<p>MOD12_2. Are any of these a multivitamin?</p> <p>Yes 1 _____</p> <p>No 2 _____</p> <p>Don't know/Not sure 7 _____</p> <p>Refused 9 _____</p>
<p>MOD10_4. How often do you eat potatoes not including french fries, fried potatoes, or potato chips?</p> <p>Per day 1 _____</p> <p>Per week 2 _____</p> <p>Per month 3 _____</p> <p>Per year 4 _____</p> <p>Never 5 5 5 _____</p> <p>Don't know/Not sure 7 7 7 _____</p> <p>Refused 9 9 9 _____</p>	<p>MOD12_3. Do any of the vitamin pills or supplements you take contain folic acid?</p> <p>Yes 1 _____</p> <p>No 2 _____</p> <p>Don't know/Not sure 7 _____</p> <p>Refused 9 _____</p>

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<p>MOD12_4. How often do you take this vitamin pill or supplement?</p> <p style="margin-left: 40px;">Times per day 1 _ _</p> <p style="margin-left: 40px;">Times per week 2 _ _</p> <p style="margin-left: 40px;">Times per month 3 _ _</p> <p style="margin-left: 40px;">Don't know/Not sure 7 7 7</p> <p style="margin-left: 40px;">Refused 9 9 9</p>	<p>MOD13_5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>
<p>MOD12_5. Some health experts recommend that women take 400 micrograms of the B vitamin folic acid, for which one of the following reasons...</p> <p style="margin-left: 40px;">To make strong bones 1</p> <p style="margin-left: 40px;">To prevent birth defects 2</p> <p style="margin-left: 40px;">To prevent high blood pressure 3</p> <p style="margin-left: 40px;">Some other reason 4</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>MOD13_6. Which statement best describes the rules about smoking inside your home?</p> <p style="margin-left: 40px;">Not allowed 1</p> <p style="margin-left: 40px;">Allowed some places/some times 2</p> <p style="margin-left: 40px;">Allowed anywhere 3</p> <p style="margin-left: 40px;">No rules about 4</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>
<p>Module 13: Tobacco Indicators</p>	
<p>MOD13_1. How old were you the first time you smoked a cigarette, even one or two puffs?</p> <p style="margin-left: 40px;">Code age in years _ _</p> <p style="margin-left: 40px;">Don't know/Not sure 7 7</p> <p style="margin-left: 40px;">Refused 9 9</p>	<p>MOD13_7. While working at your job, are you indoors most of the time?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>
<p>MOD13_2. How old were you when you first started smoking cigarettes regularly?</p> <p style="margin-left: 40px;">Code age in years _ _</p> <p style="margin-left: 40px;">Never smoked regularly 8 8</p> <p style="margin-left: 40px;">Don't know/Not sure 7 7</p> <p style="margin-left: 40px;">Refused 9 9</p>	<p>MOD13_8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunch rooms?</p> <p style="margin-left: 40px;">Not allowed 1</p> <p style="margin-left: 40px;">Allowed in some areas 2</p> <p style="margin-left: 40px;">Allowed in all areas 3</p> <p style="margin-left: 40px;">No official policy 4</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>
<p>MOD13_3. About how long has it been since you last smoked cigarettes regularly?</p> <p style="margin-left: 40px;">Within the past month 01</p> <p style="margin-left: 40px;">Within the past 3 months 02</p> <p style="margin-left: 40px;">Within the past 6 months 03</p> <p style="margin-left: 40px;">Within the past year 04</p> <p style="margin-left: 40px;">Within the past 5 years 05</p> <p style="margin-left: 40px;">Within the past 10 years 06</p> <p style="margin-left: 40px;">10 or more years ago 07</p> <p style="margin-left: 40px;">Don't know/Not sure 77</p> <p style="margin-left: 40px;">Refused 99</p>	<p>MOD13_9. Which of the following best describes your place of work's official smoking policy for work areas?</p> <p style="margin-left: 40px;">Not allowed 1</p> <p style="margin-left: 40px;">Allowed in some areas 2</p> <p style="margin-left: 40px;">Allowed in all areas 3</p> <p style="margin-left: 40px;">No official policy 4</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>
<p>MOD13_4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>	<p>Module 14: Other Tobacco Products</p> <p>MOD14_1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?</p> <p style="margin-left: 40px;">Yes 1</p> <p style="margin-left: 40px;">No 2</p> <p style="margin-left: 40px;">Don't know/Not sure 7</p> <p style="margin-left: 40px;">Refused 9</p>

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<p>MOD14_2. Do you currently use chewing tobacco or snuff every day, some days, or not at all?</p> <p>Every day 1</p> <p>Some days 2</p> <p>Not at all 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>MOD14_7. A bidi is a flavored cigarette from India.. Have you ever smoked a bidi, even one or two puffs?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>MOD14_3. Have you ever smoked a cigar, even one or two puffs?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>State Added: Influenza</p> <p>AZ1_1. During the past 12 months, have you had a flu shot?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>MOD14_4. Do you now smoke cigars every day, some days, or not at all?</p> <p>Every day 1</p> <p>Some days 2</p> <p>Not at all 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>MOD14_8. Do you now smoke bidis every day, some days, or not at all?</p> <p>Every day 1</p> <p>Some days 2</p> <p>Not at all 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>MOD14_5. Have you ever smoked tobacco in a pipe, even one or two puffs?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ1_2. Did you get the shot before the end of 2000 or after the beginning of 2001?</p> <p>2000 1</p> <p>2001 2</p> <p>Don't know/Not Sure 7</p> <p>Refused 9</p>
<p>MOD14_6. Do you now smoke a pipe every day, some days, or not at all?</p> <p>Every day 1</p> <p>Some days 2</p> <p>Not at all 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ1_3. At what kind of place did you get your last flu shot?</p> <p>Dr's office/HMO 01</p> <p>Health Dept 02</p> <p>Another type clinic/ health center 03</p> <p>Senior Center 04</p> <p>Store 05</p> <p>Hospital/ER 06</p> <p>Workplace 07</p> <p>Other 08</p> <p>Don't know/Not Sure 77</p> <p>Refused 99</p>

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AZ1_4. What is the main reason you didn't get a flu shot {during the past 12 months}?		AZ2_5. During the past 12 months, did your worksite offer any information or activities concerning stress management?	
Didn't know I needed it	01	Yes	1
Dr didn't recommend it	02	No	2
Didn't think of it/forgot/missed it	03	Don't know/Not sure	7
No flu shots avail	04	Refused	9
Dr said didn't need it	05		
Didn't think it would work	06		
Don't need a flu shot	07		
Shot could give health problem	08		
Dr recommended against	09		
Don't like shots/needles/don't want it	10		
Other	11		
Don't know/Not Sure	77		
Refused	99		
State Added: Mental Health AZ2_1. During the past year, would you say that you experienced:		AZ2_5a. Which of the following were offered relating to stress management?:	
A lot of stress	1	Individual classes	1
A moderate amount of stress	2	Group classes	2
Relatively little stress	3	Resource materials	3
Almost no stress at all	4	Job redesign, personnel reassignments	4
Don't know/Not Sure	7	Don't know/Not sure	7
Refused	9	Refused	9
AZ2_2. In the past year, how much effect has stress had on your health:		AZ2_6. During the past 12 months, did you have? Answer each 1,2,7, or 9	
A lot	1	a. Schizophrenia	
Some	2	b. Other paranoid/delusional disorder	
Hardly any	3	c. Manic episodes/or manic depression	
None	4	d. Major depression	
Don't know/Not Sure	7	e. Anti-social personality, OCP or other severe disorder	
Refused	9	f. Alzheimer's disease or other senile disorder	
		g. Alcohol abuse disorder	
		h. Drug abuse disorder	
AZ2_3. In the past year, did you think about seeking help for any personal or emotional problem from family or friends?		AZ2_7. Because of (this/any of these) mental or emotional problem(s) are you unable to work or limited in the kind of work or activity you can do?	
Yes	1	Yes	1
No	2	No	2
Don't know/Not sure	7	Don't know/Not sure	7
Refused	9	Refused	9
AZ2_4. From a helping professional or self-help group?			
Yes	1		
No	2		
Don't know/Not sure	7		
Refused	9		
AZ2_4a. Did you actually seek any help?			
Yes	1		
No	2		
Don't know/Not sure	7		
Refused	9		

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<p>State Added: Osteoporosis</p> <p>AZ3_1. Thinking back over the past month, how many servings of milk or milk products do you usually consume each day? One serving equals 8 ounces of milk or yogurt, or two slices of cheese.</p> <p>Less than 1 0</p> <p>1 serving 1</p> <p>2 servings 2</p> <p>3 servings 3</p> <p>4 servings 4</p> <p>5 servings or more 5</p> <p>Don't consume 6</p> <p>Don't know/not sure 7</p> <p>Refused 9</p>	<p>State Added: Antibiotic Resistance</p> <p>AZ4_1. What do you usually do when you get a cold? (Check all that apply)</p> <p>Call a parent or grandparent for advice 01</p> <p>Call the doctor's office and get advice 02</p> <p>Go to the doctor's office 03</p> <p>Go to the emergency room 04</p> <p>Go to the urgent care room 05</p> <p>Get advice from a pharmacist 06</p> <p>Look for advice in magazines, pamphlets, & other printed materials 08</p> <p>Look for advice on the internet 10</p> <p>Take OTC medication to relieve symptoms 11</p> <p>Rest 12</p> <p>Other 13</p> <p>Don't Know 77</p> <p>Refused 99</p>
<p>AZ3_2. During the past month, did you regularly take any supplements containing only calcium?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ4_2. When you are sick with a cold or the flu, do you call or see your health care provider to get antibiotics?</p> <p>All of the time 1</p> <p>Most of the time 2</p> <p>Some of the time 3</p> <p>Never 4</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ3_3. How often do you take calcium supplements?</p> <p>a. Per day 1 _ _</p> <p>b. Per week 2 _ _</p> <p>c. Per month 3 _ _</p> <p>d. Per year 4 _ _</p> <p>e. Never 5 5 5</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>AZ4_3. When you get a cold, do antibiotics help you get better faster?</p> <p>All of the time 1</p> <p>Most of the time 2</p> <p>Some of the time 3</p> <p>Never 4</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ3_4. How often do you do strength building exercises, like lifting free weights, use weight training machines, or pushups or pullups?</p> <p>a. Per day 1 _ _</p> <p>b. Per week 2 _ _</p> <p>c. Per month 3 _ _</p> <p>d. Per year 4 _ _</p> <p>e. Never 5 5 5</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>AZ4_4. When prescribed an antibiotic, do you take it until it is gone?</p> <p>All of the time 1</p> <p>Most of the time 2</p> <p>Some of the time 3</p> <p>Never 4</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ3_5. Have you ever been tested for osteoporosis by having a bone density scan which is a test that scans and measures your bones, similar to an x-ray?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ4_5. Do you stop taking antibiotics when your symptoms are gone?</p> <p>All of the time 1</p> <p>Most of the time 2</p> <p>Some of the time 3</p> <p>Never 4</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>

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<p>AZ4_6. In the past, year, did you take antibiotics obtained without a prescription, prescribed for a previous illness, or prescribed for someone else?</p> <p>All of the time 1</p> <p>Most of the time 2</p> <p>Some of the time 3</p> <p>Never 4</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ4_10. Do you think there is a good chance that you or someone in your family will get an antibiotic resistant infection sometime in the next ten years?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ4_7. Do you think viral infections can be cured with an antibiotic?</p> <p>All of the time 1</p> <p>Most of the time 2</p> <p>Some of the time 3</p> <p>Never 4</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>State Added: Hepatitis C Risk</p> <p>AZ5_1. Do you know anyone who has been diagnosed as having Hepatitis C?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ4_8. Are you aware of any health problems to yourself or other people associated with taking antibiotics?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ5_2. Do you think Hepatitis C can be spread thru:</p> <p>Sneezing or coughing 1</p> <p>Kissing 2</p> <p>Unprotected sex 3</p> <p>Food or water 4</p> <p>Sharing needles to inject street drugs 5</p> <p>Using the same bathroom 6</p> <p>Contact with blood of an infected person 8</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ4_8A. Explain the problems you are aware of</p> <p>Rash/allergies/reactions to antibiotics 1</p> <p>Concerns related to emerging drug resistance such as the following 2</p> <p>bacteria/germs become resistant/immune to antibiotics/drugs, antibiotics/drugs might start to lose effect on bacteria/germs</p> <p>Antibiotics may kill friendly/good bacteria/flora 3</p> <p>It's healthy to take antibiotics/drugs in general 4</p> <p>Other 5</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ5_3. Do you consider yourself at risk of Hepatitis C?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ4_9. When my child has a sore throat or an earache, I expect my doctor to prescribe an antibiotic:</p> <p>All of the time 1</p> <p>Most of the time 2</p> <p>Some of the time 3</p> <p>Never 4</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ5_3A. What level of risk do you feel you are at for Hepatitis C?</p> <p>High risk 1</p> <p>Moderate risk 2</p> <p>Low risk 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
	<p>AZ5_4. Have you ever been tested for Hepatitis C?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>

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<p>AZ5_5. Have you ever been diagnosed by a physician as having had Hepatitis C infection?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>AZ5_7. Have you ever used a needle or syringe to inject street drugs (even once)?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>AZ5_6. Prior to 1992, had you ever received a blood transfusion or blood products?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	

APPENDIX IV: BRFS WEIGHTING FORMULA

$$\text{FINALWT} = \text{GEOWT} * \text{DENWT} * 1 \text{ OVER NPH} * \text{NAD} * \text{CSA} * \text{POSTSTRAT}$$

The computational formula above is intended to reflect all the possible factors that could be taken into account in weighting a state's data. Where a factor does not apply, its value is set to one.

FINALWT is the final weight assigned to each respondent.

GEOWT accounts for differences in the basic probability of selection among strata (subsets of area code/prefix combinations) intended to correspond as closely as possible to specified geographic regions of a state. It is the inverse of the ratio of the estimated sampling fraction of each stratum to the stratum with the largest estimated sampling fraction. There is almost never a complete correspondence between strata, which are defined by subsets of area code/prefix combinations, and regions, which are defined by the boundaries of government entities.

DENWT accounts for differences in the basic probability of selection between telephone numbers from a stratum that is presumed to contain many households (a high-density stratum) and telephone numbers from a stratum that is presumed to contain few households (a low-density stratum). It is the inverse of the ratio of the sampling fraction of the low-density stratum to the high-density stratum. In the BRFS, stratification by presumed household density is usually found in a design in which telephone numbers from hundred blocks (sets of telephone numbers with identical first eight digits and all possible final two digits) with one or more listed residential numbers (one-plus blocks) are sampled at a higher rate than telephone numbers from hundred blocks with no listed residential numbers (zero blocks).

1/NPH is the inverse of the number of residential telephone numbers in the respondent's household.

NAD is the number of adults in the respondent's household.

CSA is the ratio of the expected cluster size to the actual cluster size.

POSTSTRAT is the number of people in an age-by-sex or age-by-race-by-sex category in the population of a region or a state divided by the sum of the products of the preceding weights for the respondents in that same age-by-sex or age-by-race-by-sex category. It adjusts for non-coverage and non-response and, before 1995, also adjusts for different probabilities of selection by region, where applicable.



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